

Sheet1

<u>STAGES</u>	<u>THEME</u>	<u>WHAT'S HAPPENING</u>
+6	Transpersonalisation	You totally abandon the idea of being a separate "self" because you have completely accepted yourself. You experience a total loss of ego, and complete connection to the Universe.
+5	Emancipation/coming of age	You have carved out a personal niche, and are making a unique contribution to the world.
+4	Generosity/joy	You have the ability to deal with the effects of fully engaging in life, by taking responsibility for your emotions, thoughts and actions and letting go of defensiveness and conditions.
+3	Fulfilling potential/participation	You engage in activities in accordance with the interests of other people that improves their health and happiness.
+2	Co-operation/support	You are willing to form relationships outside the nuclear support group you needed when you were ill, in order to improve your health and happiness even further.
+1	Exploration/interest	You accept that health is possible, and accept the responsibility of using your healthy state to look beyond your present life situation and beliefs to see the life you would wish to lead. You explore what improving health and happiness will mean to you.
0	Neutral	Symptom-free.
-1	Understanding symptoms	You become aware of symptoms which limit your focus and attention by feeling them.
-2	Anger/attack	You move from discomfort to pain; symptoms seem to be attacking.
	pain barrier	pain barrier
-3	Retreat/deceit	You suppress your symptoms by seeking relief from them (numbing). When they are numb, you may feel better, but this is a dangerous illusion of being better.
-4	Self-abasement/grief	You decide to live with your condition by accepting the consequences of the suppression.
-5	Despair/discouragement	You believe your symptoms are incurable.
-6	Depersonalisation/apathy	Your condition slowly worsens into death.