***Stages of Responding to Environmental/***

***Climate Disruption\****

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **It’s an environmental problem** | **It’s an environmental problem & a danger to some people in the future** | **It’s a danger for some people today, & a justice issue.** | **It’s a danger for all people today & a justice issue** | **It is an existential threat** |
| **Denial*** I’m too busy
* It’s not real
* It’s too terrifying

to be real* Someone else will fix it
 |  |  | **Where are YOU?** |  |  |
| **Anxiety, Guilt, Grief, Fear, Depression*** Waking up to suffering
* Empathy with other people’s pain
* Realistic fear about the future
 |  |  |  |  |  |
| **Anger*** Anger at people/systems which are causing this destruction and suffering
* Anger at people who bring up the issue because it’s painful to think about
 |  |  | **Where is** **your community**  |  |  |
| **Bartering*** What’s something small that I can do?
* How slowly can we as a society get away with making a big transition?
* Which long can we maintain our social addictions (fossil fuels, convenience, and individualism)
 |  |  |  |  |  |
| **Acceptance*** This is Real and I’m Completely Unprepared
* This is Real and I’m finding my Way.
 |  |  |  |  |  |
| **Action*** Changing personal/communal consumer choices
* Leveraging natural talents / professional skills in service of climate action
* Political Organizing and Action
	+ Within the current political system
	+ Non-violent civil disobedience
	+ Outside the current system
* Creation of alternative community & structural alternatives based on systemic analysis
* Transforming Consciousness
	+ Undoing internalized xenophobia, racism, colonialism, capitalism patriarchy, anthropocentrism
	+ Connecting with Spirit
 |  | **on this** **chart ?**  |  |  |  |

**\*\*\*\*\*\*\*\*\*\*We all rotate through both axes of this chart, in different orders\*\*\*\*\*\*\*\*\*\*\*\*\***