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

***Climate Disruption\****

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| --- | --- | --- | --- | --- | --- |
|  | **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\*\*\*\*\*\*\*\*\*\*\*\*\***