

Even though the change curve is an expected part of the journey, it's also the most stressful and unpleasant part. As a Sensitive Striver, you're especially susceptible to feeling angry at yourself or annoyed that you're not moving faster. You may be more irritable, skeptical, or even sad and slightly listless because you're unsure how long this period will last. If you're experiencing disillusionment or disappointment that you're backtracking, you may be in Stage 3 of the curve. But it also means you're on to something. Many people quit while in the depths of the change valley, but what my clients discover is that seeing through the hard times eventually gives way to strength, growth, and new opportunity.

