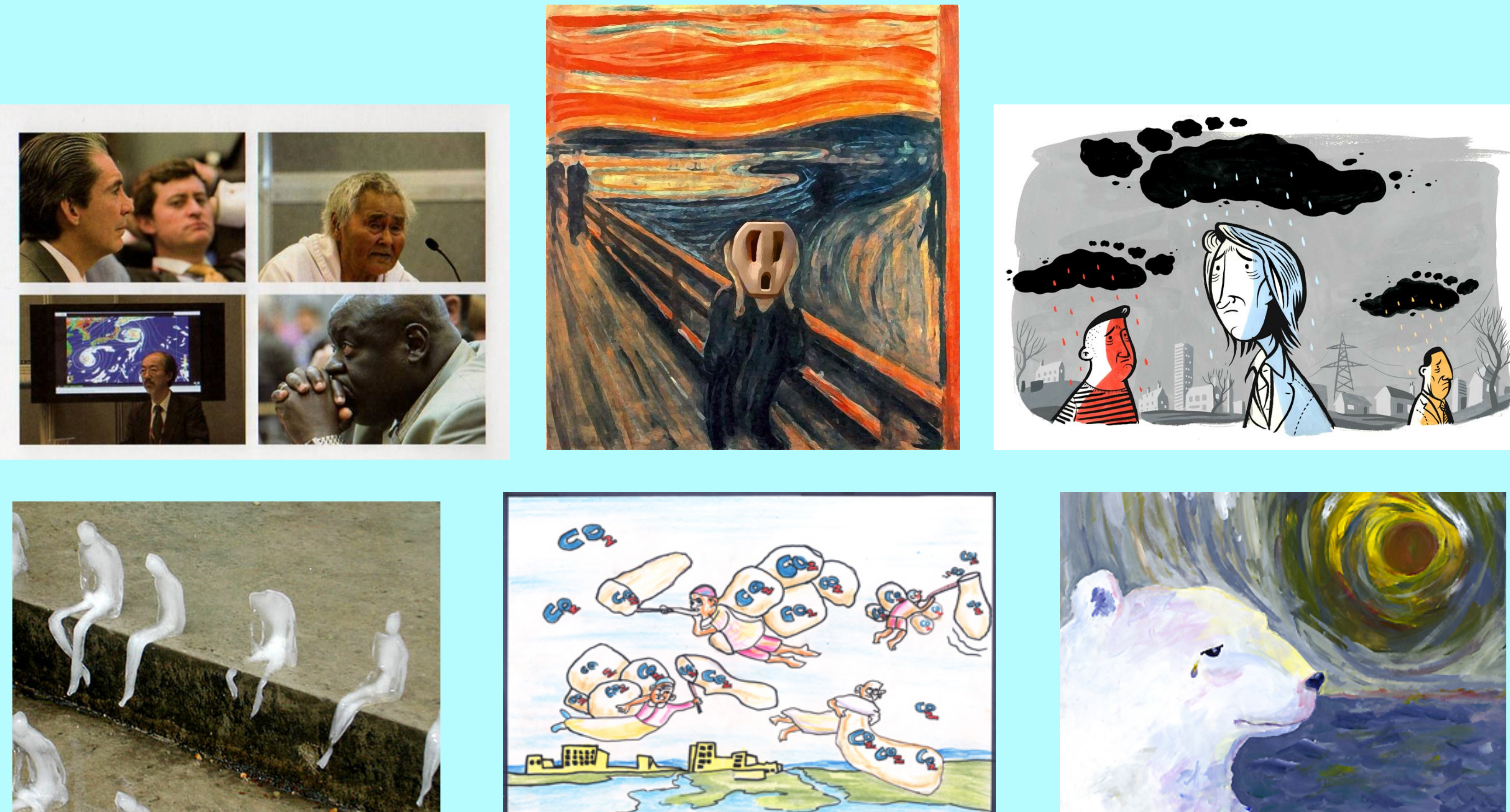


# How do you *FEEL* about climate change?

## Stages of Grief

shock  
denial  
anger & guilt  
despair & depression  
acceptance

Climate change is upsetting.  
The emotions it evokes may shut us down.  
Learn about them.  
Face them in yourself and in others.



Learn to cope—and help each other cope.  
Talk about emotion.  
Name authentic reasons for optimism.  
Offer realistic ideas for personal action.

HOME CLIMATE NATURE HUMANS ACTION BIG PICTURE CC@CSU

ARCHIVE 100 VIEWS OF CLIMATE CHANGE MONTHLY HIGHLIGHT

\*Apple users running Mac OS X 10.4 or later must install Microsoft's Silverlight software in order to view the streaming videos marked with \*. Once installed, restart your browser before viewing.  
Silverlight 4.0 (and 1.0/4.0) | Silverlight 4.0 (and 1.0/4.0)

### The Big Picture

focus on emotions

WATCH AND LISTEN

under 10 minutes

longer

READ

books

**The Green Boat: Reviving Ourselves in Our Capsized Culture**  
Mary Pipher, Riverhead Books, 2013, 219 pp.  
This very helpful and compassionate book might be described as two stories in one, joined by psychologist Pipher's own Journey from despair and grief about climate change to what becomes life-enhancing, empowering, and hope-creating action. One, she describes how she and other Nebraskans organized to fight the Keystone XL pipeline (designed to move crude oil from Canada's tar sands to the Gulf Coast, crossing the Nebraska Sandhills and Ogallala Aquifer). Two, she shares her considerable professional understanding of how to face and then move beyond despair.  
[Here is a video](#) of her good 19-minute TEDx talk about these subjects.

articles & essays

**Breaking the Climate Fear Taboo: Why Feelings Matter for Our Climate Change Communications**  
Renee Lertzman, Sighline Daily, March 2014  
Lertzman has focused her research on climate change communication and psychology, and this short, efficient blog post offers a set of four categories with which we think about engagement with the topic. One of them, the one having to do with feelings, we tend to neglect, to our loss. Here she offers five guidelines for allowing people to have their feelings without fear of judgment.

**How to Be a Climate Hero**  
Audrey Schulman, Facing the Change: Personal Encounters with Global Warming, Torrey House Press, 2013  
What might change in our actions and our feelings if we thought about global warming in the context of what psychologists know about the "bystander effect"? Through a story of her own experiences with that effect, Schulman poses this the simple but eye-opening and potentially powerful question. Posted here with the permission of the press, editor, and author.

**Learning How to Die in the Anthropocene**  
Roy Scranton, New York Times blog, November 2013  
In this moving and provocative personal essay, Scranton brings to bear what he learned as an Army private in Iraq-how to "own" rather than fear his and our collective predicament (especially global warming) and its challenge to "our sense of what it means to be human."

**Hearing the Call**  
Joanna Macy, from *Stories of the Great Turning*, eds. Peter Reason and Melanie Newman, Vala Publications, 2013; also published in *Resurgence & Ecology Magazine*, March/April 2013  
This short piece offers an introduction to some of Macy's influential work as a Buddhist ecophilosopher facing a planetary crisis, suggesting five guidelines that might help us "make friends with uncertainty" and to "pour [our] whole passion into a project when [we] can't be sure it's going to work."

**Getting Real about It: Navigating the Psychological and Social Demands of a World in Distress**  
Susanne Moser, Sage Handbook on Environmental Leadership, 2012  
Drawing from a very wide range of resources, Moser's thoughtful essay about what it will likely take to be an environmental leader in a climate-disrupted world is well worth studying. The demands on such people, she suggests, will include having to face reality, working with grief, framing loss as part of a transition, learning to be with others in distress, holding paradoxes, valuing both accountability and forgiveness, and committing to nonviolence and restoration. Excellent sources for further reading. See the Sage Handbook (eds Gallagher, Andrews, Christensen) for the final version of this essay, or Moser's own website (linked here) for a pre-publication version.

**The Id and the Eco**  
Rosemary Randall, Aeon, December 2012  
"Thinking about climate change makes people feel helpless and anxious-but that's why we must talk about it openly": so psychotherapist Randall explains in this terrific article. Rich in insights about human emotions as they interfere with our ability to deal well with climate change, and some good ideas about what we might do to face and cope with these emotions.

**Making Friends with Fatalism**  
Renee Lertzman, Climate Access, April 2012  
A succinct account of the trouble caused by such strong emotions as fatalism with some important, basic suggestions for how we might better "meet our experiences with compassion," "face the truth, and remain active and engaged." Lertzman has made this topic one of her research and speaking foci, and it is easy to find her other [articles and blog posts](#) and videos of her talks.

**To a Future Without Hope**  
Michael P. Nelson, 2010  
This short, challenging essay suggests that appealing to hope might be a distraction, not a motivator, a "sugary cereal" . . . not protein. Instead, philosopher Nelson proposes, we can "replace 'I hope with 'I resolve to do the work' or 'I will be the kind of person, I will live this kind of life' or any sort of utterance that focuses on virtue rather than on consequence—and thus keep from losing our motivation in the face of setbacks, limitations, or failures. Reprinted courtesy of Trinity University Press. This essay appeared in the book *Moral Ground: Ethical Action for a Planet in Peril*, \$18.95, published by Trinity University Press. For more information, please visit [www.tupress.org](#).

**Is There an Ecological Unconscious?**  
Daniel B. Smith, New York Times, January 27, 2010  
This article looks at current theories and investigations of what might connect "the health of the natural world and the health of the mind," including in the context of climate change, and discusses the term "solastalgia"—coined by Australian Glenn Albrecht to denote "the pain experienced when there is recognition that the place where one resides and that one loves is under immediate assault. . . a form of homesickness one gets when one is still at home."

**To Remake the World**  
Paul Hawken, Orion Magazine, May/June 2007  
This profoundly (and contagiously) optimistic essay describes Hawken's gradual realization that there are now hundreds of thousands of grassroots organizations in the world that work for ecological sustainability and social justice: "tens of millions of ordinary and not-so-ordinary people willing to confront despair, power, and incalculable odds in order to restore some semblance of grace, justice, and beauty to this world." For a visual version of this insight, see photographer Chris Jordan's 2010 work ["The Pile of Us."](#)

Alarmed	Concerned	Cautious
Interested (96%)	Interested (81%)	Interested (56%)
Afraid (85%)	Helpless (61%)	Hopeful (41%)
Sad (81%)	Sad (59%)	Helpless (35%)
Angry (79%)	Disgusted (56%)	Sad (29%)
Disgusted (76%)	Hopeful (56%)	Disgusted (28%)
Helpless (74%)	Afraid (53%)	Afraid (21%)
Hopeful (64%)	Angry (44%)	Angry (20%)
Guilty (55%)	Guilty (42%)	Guilty (17%)
Depressed (53%)	Depressed (35%)	Depressed (17%)

