

# 8 Stages of Gray

- 1 Denial “I can’t be gray! I’m only 50!”
- 2 Emotional Release “Okay, okay, I’ll get some highlights.”
- 3 Anger “Do I really have to do fucking lowlights AND highlights?”
- 4 Bargaining “How much is this costing me? Do you offer an AARP discount?”
- 5 Depression “Why oh why did I ever start this craziness? Highlights, lowlights and a new base color? UGH!”
- 6 Remorse “I could be sponsoring four children in the Sudan for what all of the above PLUS toner costs.”
- 7 Acceptance “I’m fifty percent gray and fifty percent sure that I’m not ready to be one hundred percent gray.”
- 8 Hope “Someday soon I’m going to be secure, satisfied and thin enough to be a gray girl.”

