

# The Five Fingers of Grief

L A N N G U Y E N L C S W . C O M

- Grief can take many forms.
- Grief looks differently for everyone.
- There is no “right” way to grieve.
- Some may experience all or only some of the forms.

## Depression

*may sound like...*  
I will never feel better

## Denial

*may sound like...*  
I'm okay. This doesn't affect me

- Denial, Anger, Depression, Bargaining do not have to be experienced in any particular order.
- Each form can be experienced like a jumbled mess — ping-ponging back and forth/occurring simultaneously.
- There is no knowing the length of time, severity, frequency, or timing of each form.



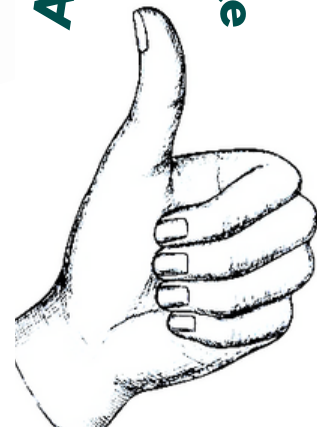
## Anger

*may sound like...*  
This is unfair! This never should have happened!

## Bargaining

*may sound like...*  
Time heals. Things will improve if I wait it out

## Acceptance



## Acceptance

*may sound like...*  
This loss no longer upsets or triggers me the way it used to

