

7 Stages of Grief

(Modified Kubler-Ross Model)

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|-------------------|--|
| Shock* | <ul style="list-style-type: none">• Initial paralysis at hearing the bad news. |
| Denial | <ul style="list-style-type: none">• Trying to avoid the inevitable. |
| Anger | <ul style="list-style-type: none">• Frustrated outpouring of bottled-up emotion. |
| Bargaining | <ul style="list-style-type: none">• Seeking in vain for a way out. |
| Depression | <ul style="list-style-type: none">• Final realization of the inevitable. |
| Testing* | <ul style="list-style-type: none">• Seeking realistic solutions. |
| Acceptance | <ul style="list-style-type: none">• Finally finding the way forward. |

*This model is extended slightly from the original Kubler-Ross model, which does not explicitly include the Shock and Testing stages. These stages however are often useful to understand and to facilitate change.

Common Stages of Grief

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Kübler-Ross Model

The

Stages

of

GRIEF

1



DENIAL

Avoidance
Confusion
Elation
Shock
Fear

2



ANGER

Frustration
Irritation
Anxiety

3



BARGAINING

Overwhelmed
Helplessness
Hostility
Flight

4



DEPRESSION

Struggling to find meaning
Reaching out to others
Telling one's story

5



ACCEPTANCE

Exploring options
New plans
Moving on

Time →