

# 7 Stages of Grief

(Modified Kubler-Ross Model)

## Shock\*

- Initial paralysis at hearing the bad news.

## Denial

- Trying to avoid the inevitable.

## Anger

- Frustrated outpouring of bottled-up emotion.

## Bargaining

- Seeking in vain for a way out.

## Depression

- Final realization of the inevitable.

## Testing\*

- Seeking realistic solutions.

## Acceptance

- 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

by Chelsea Miller



## Denial

numbness to the truth and your mind trying to protect itself from reality.



## Guilt

feeling that you could have made a difference or changed the outcome.



## The upward turn

things are getting better and the pain is becoming easier to deal with.

## Depression

sadness sets in and you must accept what has happened, many emotions may flood in at this time.



## Reconstruction

now you can rationalize and come up with real solutions to feeling better.

## Anger

wondering why this had to happen to you.



## Acceptance

you can now deal with the reality of the situation, but it does not necessarily mean you are happy.

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Kübler-Ross Model

The

# Stages

of

# GRIEF

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## ACCEPTANCE

Exploring options  
New plans  
Moving on

4



## DEPRESSION

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

3



## BARGAINING

Overwhelmed  
Helplessness  
Hostility  
Flight

Time

1



## DENIAL

Avoidance  
Confusion  
Elation  
Shock  
Fear

2



## ANGER

Frustration  
Irritation  
Anxiety

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