



Healthy Minds. Healthy Lives. Healthy Communities.

5 Stages of Grief

Denial

- ❖ “This can't be happening”
- ❖ No crying, accepting or even acknowledging the loss

Anger

- ❖ “Why me”
- ❖ Feelings of wanting to fight back or get even with deceased person
- ❖ Anger at the deceased - blaming them for leaving.

Bargaining

- ❖ Attempting to make deals with God to change the loss
- ❖ Begging, wishing, praying for them to come back.

Depression

- ❖ Overwhelming feelings of hopelessness, frustration, bitterness, self pity, mourning loss of person as well as the hopes, dreams and plans for the future.
- ❖ Feeling lack of control, feeling numb. Perhaps feeling suicidal.

Acceptance

- ❖ There is a difference between resignation and acceptance. You have to accept the loss, not just try to bear it quietly.
- ❖ Realization that the person is gone, that it is not their fault, they didn't leave you on purpose
- ❖ Finding the good that can come out of the pain of loss, finding comfort and healing. Our goals turn toward personal growth. Stay with fond memories of person.