

# Stages of Grief



I am having a hard time understanding this person is gone. It doesn't feel real.



Losing this person makes me feel angry!



I really want this person to come back. I am wondering if I could have done something differently?



**I miss this person so much and it  
makes me feel very sad.**



**I understand that this person is  
gone and they are not coming back,  
but I will be okay.**