

Stages of Grief

Not everyone experiences all the stages of grief. Neither do they always occur in this order. However, they can still be useful in exploring the personal process of grief.

Denial

It is very hard for you to accept that this person is gone. It is hard to imagine and believe that it is true.

Anger

This person is not in your life anymore and that makes you feel angry. You may be blaming yourself or others.

Bargaining

You feel like there might be something you can do to bring that person back. You would do anything for that to happen.

Depression

You understand that this person is gone and that makes you feel sad, hopeless and lost.

Acceptance

You understand what happened and you are ready to accept that this person is gone.

For more see Kübler-Ross, E. (2009). On death and dying: What the dying have to teach doctors, nurses, clergy and their own families. Taylor & Francis.