



Stages of Grief

1. Denial

- Protects you from overwhelming emotions
- May feel like a numbness or isolation from reality
- Should not be confused with a lack of caring



2. Anger

- Anger may be directed at the deceased, friends, family or health professionals
- Anger at the deceased for dying can make you feel guilty and, in turn, angrier
- Take your time in this stage and understand your options



3. Bargaining

- Can occur before or after losing a loved one
- Involves thinking about what could have been done differently to prevent the loss
- Unresolved issues in this stage can lead to intense remorse or guilt

4. Depression

- You may experience deep grief and sadness beyond what you imagined.
- This stage can feel like it will last forever or like there is no point in going on

5. Acceptance

- Comes with accepting the fact that your loved one is gone forever
- Does not mean that you are alright with the reality, just that you've accepted it
- Happens a little bit at a time as grief is a long process

