

STAGES OF GRIEF

1. SHOCK

Initial shock at hearing bad news. Can feel like disbelief.

2. DENIAL

Trying to avoid the inevitable. Wanting to avoid thoughts or feelings about the loss.

3. ANGER

Frustrating outpouring of bottled-up emotion(s).

4. BARGAINING

Looking for a way out. Can have thoughts like "*if only I had...*"

5. DEPRESSION

The final realization of the inevitable.

6. TESTING

Seeking realistic solutions, finding ways to cope.

7. ACCEPTANCE

Finding ways to keep going, accepting the fact that a new reality cannot be changed.