

STAGES OF GRIEF

GRIEF OCCURS WHEN SOMEONE CLOSE TO US PASSES AWAY OR WE EXPERIENCE ANY KIND OF LOSS.



DENIAL

It is really hard for you to imagine that this person is really gone. You find it hard to believe that it's true.

ANGER

You start to feel angry because this person is not in your life anymore. You may feel angry toward them or others.

BARGAINING

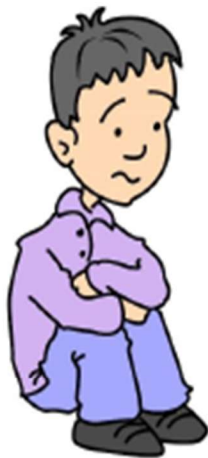
You try to figure out if there's anything that you can do or change that could make this person come back.

DEPRESSION

You feel really sad because you understand that this person is gone and will not come back.

ACCEPTANCE

You understand that this person is gone, and you try to continue to get things back to normal the best that you can.



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