



**5**

**Stages  
of GRIEF**



# 1



## DENIAL

Denial allows us to cope with the overwhelming pain of loss. We are attempting to survive emotional pain while processing the reality of our loss. It can be difficult to believe we have lost someone important in our lives.

In this moment of loss, our reality has entirely changed. It may take a while for our minds to adapt to this new reality. We're reminiscing about the times we spent with the person we've lost, and we could be wondering how to move on with our lives without them.



# 2



## ANGER

Anger is a common reaction to the death of a loved one. We're attempting to adjust to a new reality, and we're probably in a lot of pain emotionally. Because there is so much to comprehend, rage may appear to provide an emotional outlet.

Being angry does not necessitate being extremely vulnerable. It is, nevertheless, more socially acceptable than admitting we are afraid. Anger permits us to express our feelings without fear of being judged or rejected.

Unfortunately, when we begin to release emotions associated to loss, anger is often the first emotion we experience.



# 3



## BARGAINING



When you're coping with a loss, it's common to feel so desperate that you'll do practically anything to relieve or reduce the agony. When we lose a loved one, we may contemplate any way we may prevent the sorrow we are experiencing or the pain we expect to experience as a result of the loss. We can try to bargain in a variety of ways.

Bargaining can take the form of a variety of promises, such as:

- "God, if you can heal this individual, you can change my life."
- "If you let this individual survive, I swear to be better."



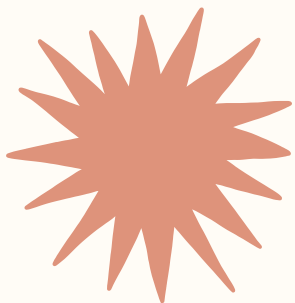
# 4



## DEPRESSION

During the process of grieving, there comes a point when our imaginations quiet down and we begin to see the truth of our current circumstance. We are faced with what is happening since bargaining is no longer an option. We begin to feel more intensely the loss of a loved one. As our terror dissipates, the emotional fog lifts, and the loss becomes more tangible and unavoidable.

We may feel ourselves withdrawing, becoming less sociable, and reaching out to others less about our problems. Dealing with depression following the loss of a loved one may be immensely isolating, despite the fact that it is a typical stage of bereavement.



# 5



## ACCEPTANCE

It is not that we no longer feel the anguish of loss when we reach a point of acceptance. But we are no longer opposing the truth of our circumstance, and we are no longer attempting to change it.

In this phase, sadness and regret are still possible, but the emotional survival methods of denial, bargaining, and fury are less prevalent.





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