

Stages of Grief (Kubler-Ross)



*Not everyone goes through all five stages. Not everyone goes through the stages in this order.

1. Denial

-This stage basically helps you "survive" the situation. You may deny what is going on (because you are in shock, overwhelmed) & start to feel "numb".

-Example: A soldier is killed & his mother refuses to accept this news, thinks son may have been misidentified

-Example: A person who has terminal cancer is in denial about their prognosis

-Once the denial & shock fades away, the healing process begins.

2. Anger

-In this stage, anger starts to set in. You may feel life isn't fair, blame others, direct anger towards those closest to you, etc.

-Those who are religious might suddenly question their beliefs (might direct anger towards God)

-Feeling anger isn't necessarily a bad thing... it's a necessary emotion in the healing process.

3. Bargaining

-In this stage, a person may plead, negotiate.

-Example: "Please God, if you save my son, I will never drive drunk again"

-In this stage, a person may feel a lot of guilt, ask "what if" questions (i.e. "What if I took better care of him?")

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4. Depression

- In this stage, you start to feel hopeless, empty.
 - This does not necessarily mean you have a mental illness- feeling depressed is part of the grief process
- In this stage, you may isolate yourself, experience suicidal ideation.

5. Acceptance

- In this stage, you come to terms with your "new reality".
- You don't necessarily feel "okay" or "over it", but you learn to live with the situation.
- In this stage, you are going through adjustments and will experience good days & bad days.
- You try to live your life, form new relationships, etc.

My Stages of Grief



1. Denial

2. Anger

My Stages of Grief

3. Bargaining

4. Depression

5. Acceptance

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-Thank you for the border

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-Thank you for the flower