

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?")

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

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3. Bargaining

4. Depression

5. Acceptance

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?”)

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.



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Credits



Alina V Design
and Resources

-Thank you for
the border



Busy Bee Studio

-Thank you for
the flower



Paula Kim Studio

-Thank you for
the hearts