

THE 7 STAGES OF GRIEF

These stages are steps that you may go through when someone you love has passed on. You could feel like you are experiencing many stages at once, or that you are going through them in a different order.

This is completely normal!

Which stage do you think you are going through right now?

-Shock-

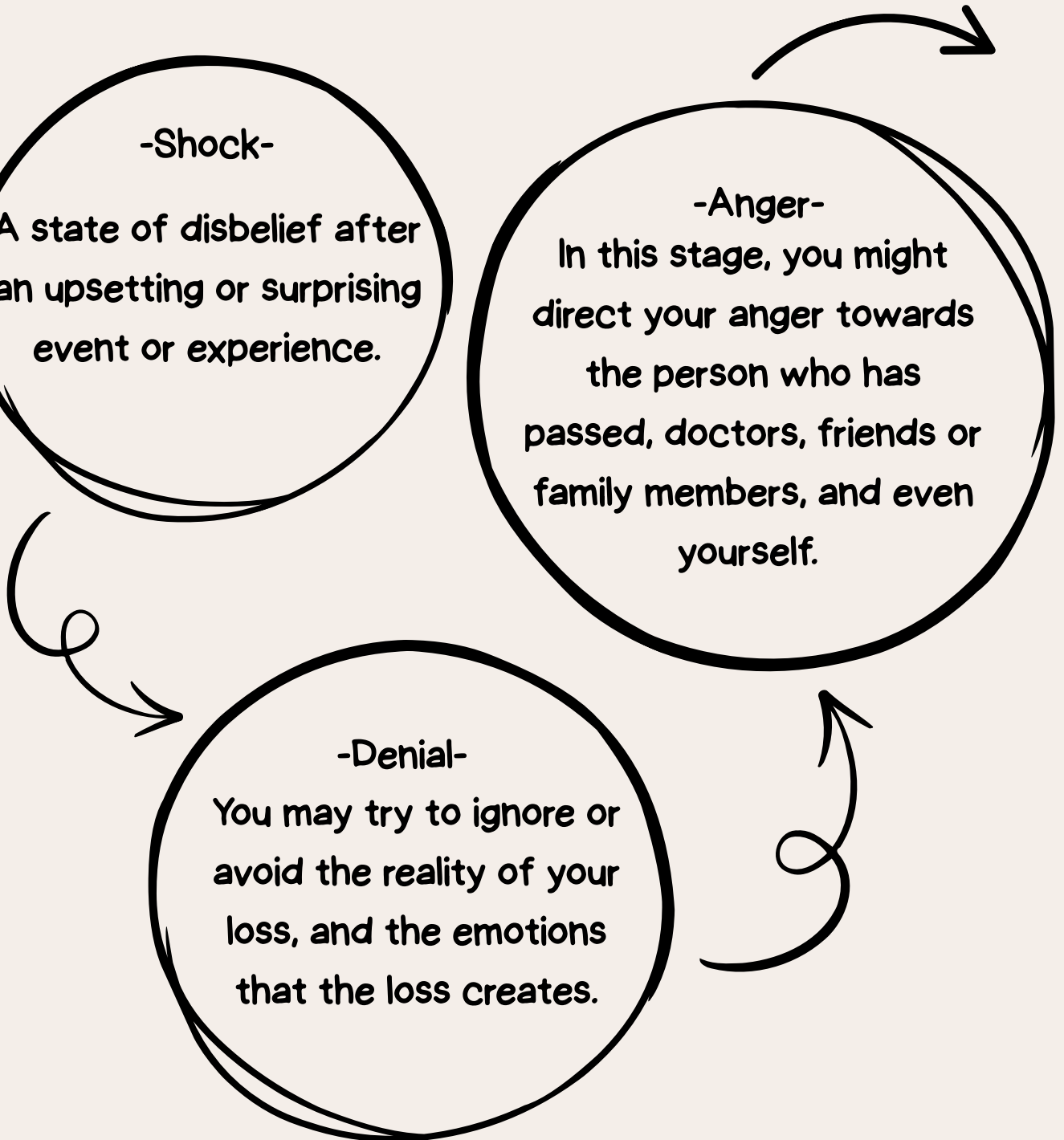
A state of disbelief after an upsetting or surprising event or experience.

-Anger-

In this stage, you might direct your anger towards the person who has passed, doctors, friends or family members, and even yourself.

-Denial-

You may try to ignore or avoid the reality of your loss, and the emotions that the loss creates.



-Bargaining-

This stage can involve negotiating with a higher power to take away the pain you feel after a loss.

-Depression-
In this stage, you may feel intense sadness and/or emptiness.

-Testing-

In this stage, you will begin trying and testing new solutions to deal with your loss.

-Acceptance-

In this final stage of the grieving process, you have learned how to continue living with your loss. You have accepted that your loss is their new reality.