

STAGE OF GRIEF WORKSHEET

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STAGE OF GRIEF

Everyone who experiences a loss goes through a grieving process that shows common elements. Grief doesn't follow a predictable, linear progression of stages. However, understanding the seven stages of grief can provide valuable insights into the grieving process. Although these stages don't necessarily occur in a specific order, they can still serve as a reference rather than a strict guide on how to navigate grief.



SHOCK & DENIAL

Individuals may feel themselves feeling detached and numb from the situation. At this stage, they may also doubt the reality of their lost loved one; they know it has happened but feel like it isn't real.



GUILT

Individuals may gradually blame themselves for things they feel no control over. Guilt can lead you to self-punishment and keep you focused on the past.



ANGER

Your pain may be redirected and expressed as anger, irritability, rage, feeling out, or even unprovoked blame. This stage involves acknowledging that some things have changed and feeling anger toward your new reality.



BARGAINING

Individuals often attempt to cling to hope in a situation of intense pain. They may feel as though they would be willing to do anything or make any sacrifice to bring back their loved one.



DEPRESSION

Throughout this stage, you are beginning to confront the reality that your loved one has departed, and you have come to a profound understanding of the magnitude of your loss. However, it is also common to grapple with feelings of emptiness, despair, and isolation.



GROWTH

During this phase, you may begin the process of reconstructing your life and actively seek solutions to navigate through your grief. You might experiment with various strategies to help you cope, gradually gaining a sense of regained control over your life and emotions.



ACCEPTANCE

Acceptance does not imply that you feel good or content about the loss either; it involves acknowledging that the reality of the situation is unchangeable.



Grief Keeping

Lei Huang



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