

What is grief?



Shock and denial.

A state of disbelief and numbed feelings.



Pain and guilt.

You may feel that the loss is unbearable and that you're making other people's lives harder because of your feelings and needs.

Anger and bargaining.

You may lash out, telling God or a higher power that you'll do anything they ask if they'll only grant you relief from these feelings or this situation.



Depression.

This may be a period of isolation and loneliness during which you process and reflect on the loss.



Reconstruction and working through.

You can begin to put pieces of your life back together and move forward.



Acceptance and hope.

You can begin to put pieces of your life back together and move forward.

