

# My Stages of Grief

Describe how each of the stages of grief has affected you.

**Denial** - "This can't be happening"

---

**Anger** - "Why is this happening to me?"

---

**Bargaining** - "I will do anything to change this."

---

**Depression** - "What's the point of going on after this loss?"

---

**Acceptance** - "It's going to be okay."

---