

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."



Effective new beliefs

Adoption and implementation of new adaptive beliefs.