

**1. DENIAL
AND ISOLATION**

I feel so alone.
Mom and Dad aren't
separating for long.

**2. ANGER/
BLAMING**

How can you do this to
me? It's your fault this is
happening to me.
What did I do to
cause this?

3. BARGAINING

If I am really good, maybe
you will get back together
again.

4. DEPRESSION

I feel empty inside and
nothing can make it go
away.

5. ACCEPTANCE

Mom and Dad are not
going to get back together.
It's okay that my friends
know my parents aren't
together any more.

6. HEALING

I was confused and
unhappy before. Now my
parents, my grandparents,
my aunts and uncles
treat each other better,
and that makes me
feel good.

**Stages
of Loss
and Grief
(Children)**