

# STAGES OF LOSS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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 \_\_\_\_\_

"I know what happened, and I can't change it. Now I need to cope."