

Denial - "This can't be happening"

Individuals may refuse to accept the loss and outright deny the situation. It is suggested that it is not honest about losses to not prolong it.

Anger - "Why is this happening to me?"

When an individual realizes that a loss is coming, they may argue that the situation is unfair to them or others. They may argue that the situation is not their fault.

Bargaining - "I will do anything to change this"