

# MY STAGES OF GRIEF

The Kübler-Ross model of grief (the five stages of grief) describes five primary responses to loss. These stages are denial, anger, bargaining, depression, and acceptance. Someone who is grieving may go through these stages in any order, and they may return to previous stages.

## DENIAL

"This can't be happening"

Individuals may refuse to accept the fact that a loss has occurred. They may minimize or outright deny the situation. It is suggested that loved ones and professionals be forward and honest about losses to not prolong the denial stage.

## ANGER

"Why is this happening to me?"

When an individual realizes that a loss has occurred, they may become angry at themselves or others. They may argue that the situation is unfair and try to place blame.

## BARGAINING

"I will do anything to change this."

In bargaining, the individual may try to change or delay their loss. For example, they may try to convince a partner to return after a breakup, or search for unlikely cures in the case of a terminal illness.

## DEPRESSION

"What is the point of going on after this loss?"

At the stage of depression the individual has come to recognize that a loss has occurred or will occur. The individual may isolate themselves and spend time crying and grieving. Depression is a precursor to acceptance because the individual has come to recognize their loss.

## ACCEPTANCE

"It's going to be okay."

Finally, the individual will come to accept their loss. They understand the situation logically, and they have come to terms emotionally with the situation.