

# 5 Stages of Grief

- ◆ Tell yourself that it is not happening
- ◆ Do not accept it as final
- ◆ You refuse to use the term "died" or "dead"

**DENIAL**

- ◆ Comes before the death
- ◆ You promise anything if God will just let them live

**BARGAINING**

- ◆ Ready to go on with life
- ◆ Realize it is final and an inevitable part of life
- ◆ Find laughter again
- ◆ Find pleasure in previously enjoyed activities

**ACCEPTANCE**

**ANGER**

- ◆ Anger toward God
- ◆ Anger toward the doctors
- ◆ Anger toward self (feeling you didn't do enough)

**DEPRESSION**

- ◆ Crying a lot
- ◆ No appetite
- ◆ Not sleeping
- ◆ No interest in anything

