

5 STAGES OF GRIEF

1. DENIAL

You may **reject** the fact that a **loss has occurred**. Or you may **minimise** and even outright **deny the situation**.



Be straightforward and honest about your loved one's loss to not prolong this stage.

2. ANGER

When you realise that a loss has occurred, you may become **angry with yourself or others**. You may argue that the situation is **unfair** and try to **place blame**.



Don't take your loved one's reactions personally.

3. BARGAINING

You may try to **change or delay your loss**. For example, you may try to **convince a partner** to return after a breakup or **search for unlikely cures** in the case of a terminal illness.



It's common to switch back and forth between the stages of grief.

4. DEPRESSION

You come to recognise that a loss has occurred or will occur. You may **isolate yourself** and **spend time crying** and grieving. Depression is a **precursor to acceptance** because you have **come to recognise your loss**.



Give your loved one space to process all the emotions.

5. ACCEPTANCE

Finally, you will come to **accept your loss**. You understand the situation logically, and you have **come to terms emotionally**.



Continue to offer support in a way that works for both of you.