

Handout Grief:

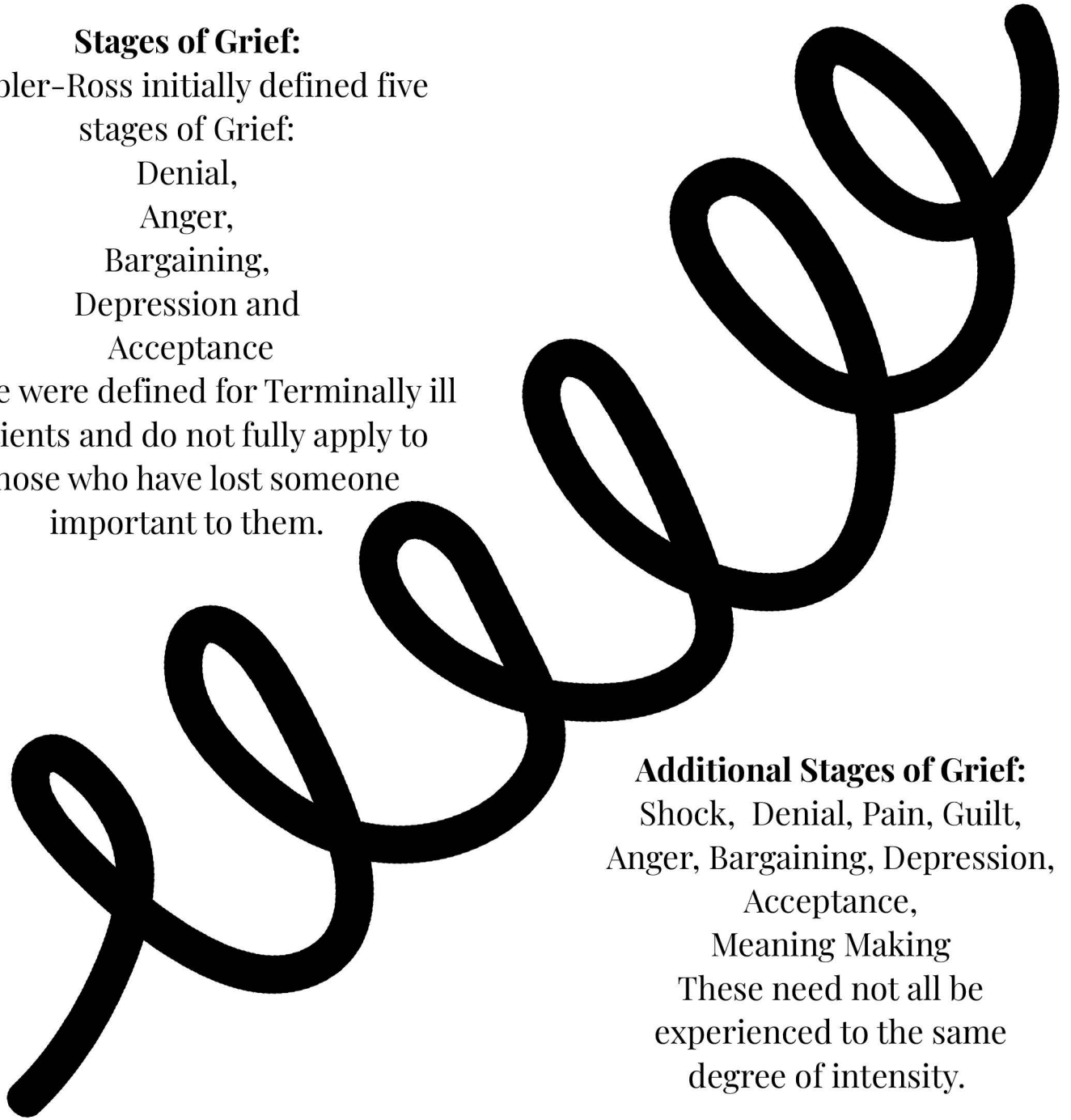
Stages of Grief:

Kubler-Ross initially defined five stages of Grief:

Denial,
Anger,
Bargaining,
Depression and
Acceptance

These were defined for Terminally ill patients and do not fully apply to those who have lost someone important to them.

Meaning Making Acceptance:



Additional Stages of Grief:

Shock, Denial, Pain, Guilt,
Anger, Bargaining, Depression,
Acceptance,
Meaning Making
These need not all be experienced to the same degree of intensity.

The initial experience: depending on where we are in our lives, the initial experience can have different levels of intensity

Emotional Pain, Grief and Trauma

It was once thought that we went through different stages of grief. The idea that we progress through stages was often viewed as a linear process. More recently, grief has been viewed as a progressive circular process that never really ends but gets easier to manage.