

Stages of Grief

Denial



You have a hard time accepting that this person is gone. You don't want to believe it.

Anger



You are now feeling angry because you lost this person. You may feel angry toward others, too.

Bargaining



You want this person back and wonder if there is anything you could have done differently to change the outcome.

Depression



You feel very sad because this person is gone.

Acceptance



You know that this person is gone and never coming back. You understand and move forward in life.