



# RESPONSES TO GRIEF



DENIAL. YOU FEEL SHOCKED  
OR NUMB.

ANGER. YOU FEEL ANGRY  
TOWARDS THE LOSS AND WHY  
IT HAPPENED



BARGAINING. YOU THINK  
ABOUT WHAT YOU CAN  
DO TO RESTORE THINGS  
TO HOW THEY WERE

DEPRESSION. YOU BEGIN  
TO FACE REALITY ABOUT  
THE LOSS



ACCEPTANCE. YOU BEGIN  
TO LEARN HOW TO  
READJUST AND MOVE  
FORWARD