

# The Grief Cycle

## Understanding the Stages

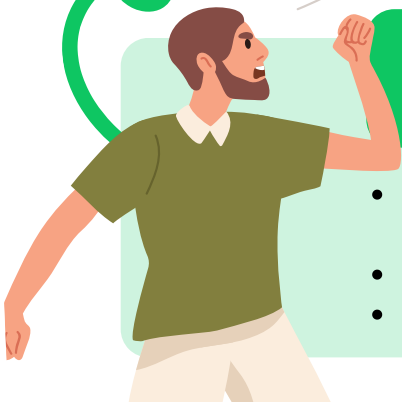
### DENIAL

- What It Is: A defense mechanism that helps you survive the initial shock of loss.
- Feelings: Numbness, disbelief, avoidance.
- Behavior: Avoiding reality, detaching from emotions, questioning what happened



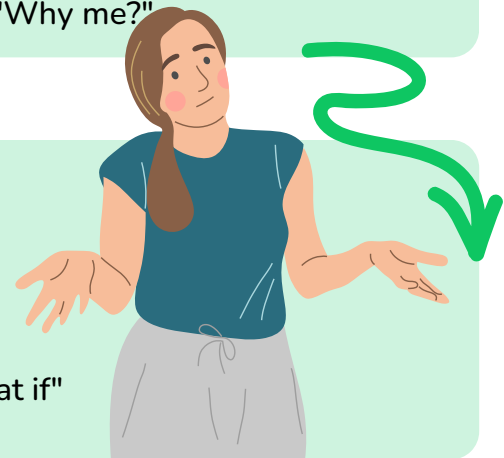
### ANGER

- What It Is: A natural response to feelings of helplessness and the unfairness of loss.
- Feelings: Frustration, resentment, irritation.
- Behavior: Lashing out, blaming others, questioning "Why me?"



### BARGAINING

- What It Is: A way to regain control in a situation that feels uncontrollable.
- Feelings: Guilt, desperation, yearning for the past.
- Behavior: Making deals with a higher power, dwelling on "What if" scenarios.



### DEPRESSION

- What It Is: A deep sadness that comes with recognizing the reality of loss.
- Feelings: Overwhelming sorrow, despair, loneliness.
- Behavior: Withdrawing from life, loss of interest in activities, feeling hopeless.



### ACCEPTANCE

- What It Is: The point where you begin to accept the reality of your loss and start to move forward.
- Feelings: Peace, understanding, readiness for the future.
- Behavior: Re-engaging with life, finding new ways to live with the loss, and making plans for the future.

