The Cycle of Grief

(Dr. Elizabeth Kubler-Ross)

*Please note the grief process may not be the same for all individuals. Grief is now described as a cyclical process rather than definitive stages* (Dr. Battle).

**Shock**
This is the first stage that a person goes through. Shock can be explained as a feeling of numbness or withdrawal from the loss.

**Denial**
This is the next stage when feelings of denial or disbelief occur.

**Anger**
This is the stage where you may be angry with yourself or someone else because of the loss.

**Bargaining**
This is the stage where you try to find a way out of the situation (i.e. if this happened, instead of that, etc…).

**Depression**
This is the stage where you realize the truth and reality of the loss and you admit that the loss was beyond your control.

**Testing**
This is the stage when you try to find out how you can overcome or deal with your feelings of grief.

**Acceptance**
This is the stage where you accept the loss and find a way to move forward and move along in life.

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