

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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