



# Stages of Grief

Experiencing grief is a natural and complex response to loss, and it can be challenging to navigate. Depending on your relationship with the deceased, as well as how the person died, these stages may not occur in the order listed. Knowing the stages of grief can assist an individual in coping with their emotions and making progress toward healing.

- The first stage of grief is usually **denial**, where individuals may refuse to accept that they have suffered a loss. Signs of denial may include confusion or disbelief.
- This can be followed by **anger**, where individuals may feel frustrated or resentful about their loss. Anger may be demonstrated as irritability or hostility.
- **Bargaining** is another stage, where individuals may try to negotiate with a higher power or seek a way to undo the loss. Bargaining may involve making promises or deals.
- **Depression** is another common stage, where individuals may feel sorrowful, hopeless, or overwhelmed. Depression may result in isolation or sadness.
- **Acceptance** is the final stage, where individuals start to come to terms with their loss and find a way to move on. Acceptance may involve a sense of calm or a renewed focus on moving forward.

In cases of **prolonged grief**, these stages may occur over a more **extended period of time**, typically **6 months after the death of your loved one** or in a different order. Keep in mind that everyone handles grief in their own way, and there is no right or wrong way to grieve.

If you are trying to support someone who is grieving, recognizing where they might be in the grieving process can be beneficial. Remember that grief is a personal and unique experience, and everyone deals with it differently. By offering support and empathy, you can help someone through this challenging time.

For additional help, contact us at [www.growingstagestherapy.com](http://www.growingstagestherapy.com) for a consultation or to schedule an appointment.

\*This non-clinical educational material aims to provide insights into this topic.