

The Phases of Grief

When grieving, it is likely to go through different 'phases'. These do not have a specific order, and people can experience the same phases more than once.

Denial: People might not accept the loss of someone, minimize it or deny it ever happened. This is the phase of 'This is not happening'.

Anger: Once people start realizing about the loss, they might get angry at themselves or others, and might blame themselves or others. This is the phase of 'Why me?'

Bargaining: In this phase, people might try to do anything they can to stop or delay the loss (for example, trying to get an ex friend back). This is the phase of 'I will fix this'.

Depression: At this point, people have realized they have lost/are losing someone and tend to feel sad and grieving is very common. This is the phase of 'I can't go on after this loss'.

Acceptance: People accept they have lost someone and find a way to emotionally cope with it. This is the phase of 'I will be alright'.

My Phases in Grief

This worksheet can be helpful to recognize how you feel and to identify the phase you feel like best describes your feelings on different days.

Denial: 'This is not happening'.

Date:

Date:

Date:

Anger: 'Why me?'

Date:

Date:

Date:

Bargaining: 'I will fix this'.

Date:

Date:

Date:

Depression: 'I can't go on after this loss'.

Date:

Date:

Date:

Acceptance: 'I will be alright'.

Date:

Date:

Date: