



1 DENIAL



2 ANGER



5 ACCEPTANCE

5 STAGES OF grief



4 DEPRESSION



3 BARGAINING

THE KÜBLER-ROSS MODEL, OFTEN REFERRED TO AS THE FIVE STAGES OF GRIEF, DESCRIBES FIVE EMOTIONAL RESPONSES THAT MAY OCCUR FOLLOWING A SIGNIFICANT LOSS: DENIAL, ANGER, BARGAINING, DEPRESSION, AND ACCEPTANCE.

GRIEF IS DEEPLY PERSONAL, AND THESE STAGES ARE NOT A PREDICTABLE OR LINEAR PROCESS. A PERSON MAY EXPERIENCE SOME STAGES, MOVE BETWEEN THEM IN DIFFERENT WAYS, REVISIT A STAGE MORE THAN ONCE, OR EXPERIENCE SEVERAL EMOTIONS AT THE SAME TIME. THERE IS NO PARTICULAR ORDER THAT GRIEF MUST FOLLOW, AND NOT EVERYONE WILL EXPERIENCE EVERY STAGE.

THERE IS NO "RIGHT" WAY TO GRIEVE.