

DENIAL

“This isn’t happening.”

Sometimes people refuse to accept a loss. They might even deny it ever happened. Sometimes denial happens because your brain is trying to protect you.

ANGER

“Why is this happening to me?”

After they lose something, people may be angry at themselves or others. They might try to find someone to blame.

BARGAINING

“I will do anything to change this.”

In this stage, people try to change the situation. For example, they may try to search for a cure for a loved one's illness.

DEPRESSION

“What’s the point of going on after the loss?”

Here, people start to understand that they can’t change what has happened or what will happen. They can feel overwhelmed and helpless. They may cry a lot or want to be left alone. As they understand the situation, they also begin to accept it.

ACCEPTANCE

“It’s going to be okay.”

In this stage, people are able to accept their loss. They understand things more clearly and can imagine a future where this situation is real.