

## **Dr. Elizabeth Kubler-Ross's Five Stages of Grief:**

These apply to people dealing with any type of loss.

- **Denial:** "This can't be happening," or, "It's no big deal."
- **Anger:** "It's not fair," "Why me?" or, "Whose fault is this?"
- **Bargaining:** "Let it be me, instead," or, "If he gets better, I will never complain again."
- **Depression:** "I can't go on without her," or "What's the point of trying?"
- **Acceptance:** "If I can't change it, I have to deal with it," or, "I can handle this."

Stages may not happen in order. People move in and out of each stage, sometimes repeating stages.

## **Dr. Roberta Temes's Three-Stage Model of Grief:**

**Stage 1: Numbness or impact.** At first, people may not understand the loss. They may feel shock, disbelief, or like time is moving too fast or too slowly. Decision-making is hard.

**Stage 2: Recoil or depression.** Then, people begin to understand their loss. They react with many emotions, such as anger, sadness, anxiety, or a wish for life to be normal again. Socializing and staying organized may be hard.

**Stage 3: Recovery.** Eventually, people accept the loss and move on. Memories of their loved ones do not get in the way of daily life.

## **Dr. J.W. Worden's Four Tasks of Mourning:**

These describe what an individual must do to adjust to death or other losses.

1. **Accept the reality of the loss.** People must understand the loss is real.
2. **Experience the pain of grief.** People must let themselves feel bad.
3. **Adjust to an environment in which the deceased is missing.** People must learn to live without the person who has died.

**Find an enduring connection with the deceased and move on with life.** People must find a way to stay connected to the person who has died