

## 5 Stages of Loss and Grief

1. **Denial** - Refusing to believe what's happening

“This isn't real, this isn't really happening”

2. **Anger** – Being angry about what's happening

“This is rubbish, this is \*\*\*\*, this is your fault!”

3. **Bargaining** – Hoping to change what's happening by making promises

“I'll be better, I'll do better, I'll do anything to make it better”

4. **Depression** – mood changes with the realisation that the outcome can't be changed

“What's the point, it's all useless, I'll be like this forever”

5. **Acceptance** – Adapting and adjusting to what is happening and bouncing back

“I'm can't change what is happening but I'm going to be ok”

