



Stages of grief

Psychiatrist Elisabeth Kübler-Ross theorised that grief could be divided into 5 stages

- denial
- anger
- bargaining
- depression



- acceptance

Other models of grief suggest there are additional stages incorporating feelings of guilt, as well as more positive actions like reconstruction and turning to hope.



People say you'll move through the 5 stages of grief...

...What they don't tell you is that you'll cycle through them all every day

Ranata Suzuki



DENIAL

It can be difficult to accept the reality of the situation that is causing you grief

Denying that something is happening postpones the reality of having to deal with a situation. You may feel numb or you may try continuing on with your daily routine as though nothing is different.

Eventually, the reality of your situation will catch up to you. When it does, the surging wave of the emotions you've tried to deny can be overwhelming.

ANGER

Anger is a very common response to death and illness. We often feel angry at situations that we cannot control and when we think life has been unfair.

Your anger might be directed at a specific person or at the world in general. You may find yourself lashing out at people who are trying to help or sympathise with you.

Try to find ways to channel this powerful emotion more positively. You may be able to express these emotions through exercise or creativity.

BARGAINING

Bargaining is our way of trying to recover control of a situation. It is often accompanied by feelings of guilt.

You may find yourself turning over what has happened again and again, looking at how the outcome may have been different and how you could have changed things.



If you're religious or were raised with religion, you may find yourself turning to prayer and offering promises or deals in return for help to ease your pain.

DEPRESSION

At this stage, you begin to really feel and experience the loss that is causing your grief.

You may feel an incredibly deep sadness, that saturates you and weighs you down. You might retreat into yourself as a way to deal with this feeling, avoiding the company of others, preferring to stay alone with your thoughts and memories.

When you are going through this stage your instinct may be to close yourself off, but reaching out to others can help you get through this point. Try to connect and check in with friends and family.

ACCEPTANCE

Acceptance doesn't mean that you've got over your loss and that everything's now fine. Rather, it means that you've accepted the reality of what has happened. You are not trying to deny or change your situation.

You will still feel sad. You will still feel your loss. You will still have bad days. But you have accepted that your life will go on and that your future holds more good days than bad.

[Home](#) > [Mental health resources](#) > [Grief and bereavement](#) >

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