

Honoring Your Grief

Moving through stages and glimmers of hope

Denial

Disbelieving
Numbing
Avoiding

Anger

Reality setting in
Feeling anxious
Getting frustrated

Bargaining

Thinking 'what if' or 'if only'
Struggling to make sense
Wanting to change fate

Acceptance

Living with the loss
Adapting
Re-entering your life

Depression

Feeling deep sadness
Withdrawing
Feeling hopeless

