

This is “Peer Counseling Pause” with Reova Meredith

Stages of Grief

There are five stages of grief:

Denial “This cannot happen to me!”

Anger: “Why did this happen to me? Who’s to blame for this?”

Bargaining with God: A hope or plea that the loss could be reversed or delayed

Depression: “I’m too sad to do anything”

Acceptance: “I’m at peace with what is coming.”

These stages can be experienced multiple times, at the same time, and in any order. You may cycle back through the stages many times before you reach acceptance in grieving the loss.

Are you devastated by loss, bewildered by strong emotions and wondering how you are ever going to survive?