

Stages of Grief

(identifying losses and grieving)

Understanding Grief

Grief is a natural response to loss and is experienced differently by each person. It can impact a person emotionally, physically, behaviorally, cognitively, or spiritually. Some common experiences include:

- **Emotional:** affecting a person's feelings
- **Physical:** affecting a person's body
- **Behavioral:** affecting a person's actions
- **Cognitive:** affecting a person's thoughts and beliefs
- **Spiritual:** affecting a person's faith

*“Praise be to
...the Father of
compassion and
the God of all
comfort, who
comforts us in
all our troubles,
so that we can
comfort those in
any trouble with
the comfort we
ourselves receive
from God..
(2 Cor. 1:3-4)*



DENIAL



ANGER

STAGES OF GRIEF



ACCEPTANCE



BARGAINING



DEPRESSION