

## Stages of Grief-Denial Worksheet

This worksheet includes all five stages of Grief. If you have recently lost someone or going through some grief, this worksheet will guide you better in coping through that trauma.

### **Denial- This can't be happening with me**

You don't want to accept the reality and remain in a state of shock. You feel no emotions.

### **Anger- Why is this happening with me**

You start questioning people around you, may get violent, and start blaming others.

### **Bargaining- I will do anything to change it.**

You start giving yourself false hope. Guilt to get back to your old life lingers on. You start questioning, "why me, what did I do wrong. At this stage, "what if statements" are the centre.

### **Depression-What is the point of going on after this loss.**

Depression, which is a sign of coming close to reality. In this phase, you cry, get secluded, feel emptiness, and helpless. It is a sign of accepting your grief and living in the present.

### **Acceptance- I am going to be okay.**

Acceptance, in this phase, you accept that you have lost someone you loved and that it is going to be okay; time will heal the trauma. I will be fair; it is just a matter of time. What is done is done. I need to move on with this in my heart.