

Stages of grief 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 with that trauma. **My Stages of Grief** model given by Kübler-Ross has five stages.

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance



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 center.

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

Depression is a sign of coming close to reality. In this phase, you cry, get secluded, and feel emptiness, and helplessness. 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.