

## **The Stages of Grief (Education Printout) 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 center.

### **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.

