

STAGES OF GRIEF

Shock/Denial: *You cannot believe what has happened. You feel like you have been through a war. You are in shock. You may be silent, withdrawn. You may feel like eating, or you may overeat. You may have trouble sleeping or feel like sleeping all time. Maybe you create a fantasy world and live in that world. You probably don't want to talk to anyone about your loss.*

Guilt/Bargaining: *In this stage, you may promise to be good if only the lost thing or person would come back. If the loss is loss of your family, you may act out or become rebellious in the hope of returning home. You may run without a specific destination. You feel responsible.*

Anger: *You may become destructive or disrespectful of your things or things other people have. You may be uncooperative. You find yourself always yelling or threatening others. You may do things that could hurt you or others that you might regret later. You may mess up in school.*

Despair/Depression: *Nothing matters. You feel no interest or enthusiasm in any activities other than watching TV or listening to music. You may cry a lot or sleep a lot. You may feel like skipping school or have an "I don't care" attitude. You cannot do any schoolwork. Even though you are smart enough, you just cannot study.*

Understanding/Acceptance: *You may feel ready to form a new relationship with other people. You may feel more confident and have a positive attitude about new challenges (looking for a job, trying out for a team or club) with less frustration and fear. You begin to talk about and have hopes and plans for the future. Once you accept, it may trigger the shame and guilt you feel. You now try to undo what you have successfully completed.*