

## The Stages of Grief Model

Early theories of grief suggested that a bereaved person goes through different stages such as shock, denial and anger, in a particular order, until they finally accept or 'get over' their loss. Our ideas about the grieving process have now changed this model shows how life is much more messy and complicated than that and you are likely to have many ups and downs, good days and bad as you start to adjust to your loss.

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## Early theories of grief

Shock and feeling numb

Overwhelming sadness and pain

Think about the person and how they died

Helplessness / difficulty coping

Denial and disbelief

Feel anger or guilt

Confusion / feeling disorientated

Fear / panic

Difficulty sleeping

Feel anxious / worried

Feel low and hopeless

Acceptance and re-invest in life

Do some new things and make new friends or form new relationships

Do some of your old social activities

Take on tasks performed by the person who died

Find difficulties re-adjusting to life without the person who died

Continue with everyday tasks

Feel stressed and under pressure

Loneliness

## The reality

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pain

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