

# 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.

## Early theories of grief



## The reality

