

The circle never closes. You are forever changed by your loss. How you are changed depends on your own attitude.

You may come through this experience with new depth of character and compassion.

Ability to support others or you may become closed, withdrawn, bitter and angry.

Loss



Shock & Denial
("This is not happening.")

Adjustment & Acceptance

The Erratic Cycle of Grief

Anger & Guilt
("Why me? Why my loved one?")
("If only...")

Depression & Despair

Unresolved grief comes from trying to jump from one side of the cycle to the other without acknowledging and experiencing your feelings.

Bargaining
("Please let everything be back to normal and I promise to...")