

# Six Stages of Grief

Adapted from David Kessler  
Finding Meaning, the Sixth Stage of Grief

Shock, Confusion  
Elation, Avoidance, Fear  
Physical symptoms: nausea, pain, sleeplessness, increased heart rate, etc.

Denial

Anger

Frustration/Irritation  
Anxiety  
Preferred reality vs. actual reality

Meaning

Remembering those who have passed  
Grieving more with love than pain  
Honoring our loved ones  
The meaning they give to our lives  
Hope in meaning adds to healing

Bargaining

Struggling to find meaning  
Guilt, Regret  
Dwelling over what could have been prevented, Questioning

Acceptance

Realization of permanency  
Readjustment of stage of life – new roles assigned  
Exploring options of day to day reality

Sadness

Reality sets in  
Deep and persisting sadness  
Withdrawal, Cut off from others

