



The 7 Stages of Grief

- Shock and denial. This is a state of disbelief and numbed feelings.
- Pain and guilt. ...
- Anger and bargaining. ...
- Depression. ...
- The upward turn. ...
- Reconstruction and working through. ...
- Acceptance and hope.

These stages are experienced in any order. You may find that you toggle back and forth between several stages. You may also find that you re-visit stages you think you've mastered. Don't fret about it. It is simply the nature of grief. There is no set time frame for moving through your season of grief, so don't judge yourself if you find yourself going slower than you had hoped. Be patient and let the grieving process work in its own rate and rhythm.

Source: The 7 Stages of Grief website, <https://www.healthline.com › health › stages-of-grief>