THE LOSS GYCLE

The stages of grief after a loss. These stages are not linear, but random, and are not bound to a set time frame..

DENIAL/ SHOCK

FOCUSED ON THE

LOSS

--Repression of feelings, thoughts, and behaviors.

BARGAINING

- --If you will..then I will...
- --If I had only... then this would not have happened.

FEAR/ ANXIETY

- --What am I going to do?
- --What if...

ANGER

- --at God
- --at self or others

GUILT/ ISOLATION

- --Isolate or hide emotions from others.
- -- l am to blame for this.
- DEPRESSION
- --Sadness
 --Lack of motivation
- --Potential use of negative
- coping strategies

