



Boca Raton
CEMETERY &
MAUSOLEUM

Dignity That Lasts Forever

FIVE STAGES OF *Grief*

DENIAL & ISOLATION • ANGER • BARGAINING • DEPRESSION • ACCEPTANCE

A Normal Life Process

At some point in our lives, each of us faces the loss of someone or something dear to us. The grief that follows such a loss can seem unbearable but the process is actually healing. Grief is the emotional suffering we feel after a loss of some kind. The death of a loved one, loss of a limb—even intense disappointment can cause grief. Dr. Elizabeth Kubler-Ross named five stages of grief people go through following a serious loss. Sometimes people get stuck in one of the first four stages. Their lives can be painful until they move to the fifth stage—acceptance.



1. Denial & Isolation

At first, we deny the loss has taken place and may withdraw from our usual social contacts. This stage may last a few moments or longer.

2. Anger

The grieving person may then be furious at the person who inflicted the hurt even if they are dead or mad at the world for letting it happen. They might be angry with themselves for letting the event take place even if realistically nothing could have stopped it. Many people are furious with God.

3. Bargaining

Now the grieving person may make bargains with God, asking, “If I do this will you take away the loss?”

4. Depression

The person feels numb although anger and sadness remain underneath.

5. Acceptance

When the anger, sadness and mourning taper off. The person simply accepts the reality of the loss.

Grief and Stress

During grief, it is common to have many conflicting feelings. Sorrow, anger, loneliness, sadness, shame, anxiety and guilt often accompany serious losses. Having so many strong feelings can be very stressful.

Yet denying the feeling and failing to work through the five stages is harder on the body and mind than going through them. When people suggest “looking on the bright side” or other ways of cutting off difficult feelings, the grieving person may feel pressured to hide or deny these emotions. Then it will take longer for healing to take place.

Recovery

Grieving and its stresses pass more quickly with good self-care habits. It helps to have a close circle of family and friends. It also helps to eat a balanced diet, drink nonalcoholic fluids, and get exercise and rest.

Most people are unprepared for grief since so often tragedy strikes suddenly without warning. If good self-care habits are always practiced, it helps the person to deal with the pain and shock of loss until acceptance is reached.

Coping with loss is ultimately a deeply personal and singular experience—nobody can understand all the emotions that you're going through. But we can be there to help you and comfort you through this process.