

Stages of Grief

The Stages – As describe by David Kessler.
May not occur in any prescribed order.

Denial

Important coping mechanisms, not denying the death, come home and you can't believe your loved one is not coming home. Move back and forth from distraction to reality.

Anger

Strongest emotion.
Covers up all pain, sadness and fear underneath.
Makes everyone else uncomfortable.

Bargaining

"If onlys", reply, deal making.

Depression

Is the situation depressing.

Acceptance

Does not mean you like the loss or think is ok.
You acknowledge it as a reality (I am dying and I don't like it.)

Techniques

Letter writing.

Write letters to deceased loved one with dominant hand.
Use other hand to write deceased's response.

Picture

Draw a picture for your loved one, or a picture of the deceased with dominant hand.
Use other hand to draw a picture from the deceased.

Styrofoam cup

Draw self on cup.
Rip pieces of cup off as client describes losses.

Later on glue the cup back together

Point out the cup is not the same, but you can put your life back together again.