

7 STAGES OF GRIEF

Grief looks different for everyone. We have stages that people go through but here is no neat progression from one stage to another so expect individual variation.

1. SHOCK & DENIAL-You will probably react to learning of the loss with numbed disbelief. You may deny the reality of the loss at some level, in order to avoid the pain. Shock provides emotional protection from being overwhelmed all at once.

2. PAIN & GUILT-As the shock wears off, it is replaced with the suffering of unbelievable pain. Although excruciating and almost unbearable, it is important that you experience the pain fully, and not hide it, avoid it or escape from it with alcohol or drugs.

3. ANGER & BARGAINING-Frustration gives way to anger, and you may lash out and lay unwarranted blame for the death on someone else. You may also try to bargain in vain with the powers that be for a way out of your despair ("I will never drink again if you just bring him back").

4. "DEPRESSION", REFLECTION, LONELINESS-Just when your friends may think you should be getting on with your life, a long period of sad reflection can happen. This is a normal stage of grief where you finally realize the true magnitude of your loss.

5. THE UPWARD TURN-As you start to adjust to life without your dear one, your life becomes a little calmer and more organized. Your physical symptoms lessen, and your "depression" begins to lift slightly.

6. RECONSTRUCTION & WORKING THROUGH-As you become more functional, you will find yourself seeking realistic solutions to problems posed by life without your loved one.

7. ACCEPTANCE & HOPE-During this time, you learn to accept and deal with the reality of your situation.

Remember, if you need help and support,
the staff of REACH EAP & Workplace Solutions stands ready to assist.
Call **1-800-950-3434** for confidential, professional assistance