

NORMAL STAGES OF GRIEF

From Good Grief by
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1. **SHOCK**
 "It just didn't register."
2. **EMOTION**
 "I heard our song, and tears flooded my face."
3. **DEPRESSION AND LONELINESS**
 "They were all couples, and I felt out of place."
4. **PHYSICAL DISTRESS**
 *"I had a chronic loss of concentration and
 memory."*
5. **PANIC**
 *"I had to borrow money because they froze our
 bank account."*
6. **GUILT**
 *"I wished I hadn't been too tired from working
 all day and spent more time expressing my love."*
7. **HOSTILITY AND RESENTMENT**
 "I reacted more in anger and bitterness."
8. **UNABLE TO FACE USUAL ACTIVITIES**
 *"Why won't anyone talk about him? I just
 won't go."*
9. **HOPE**
 "I was able to help someone else today."
10. **A NEW AND DIFFERENT REALITY**
 *"Those who work through the stages of grief
 most satisfactorily probably developed them
 individually earlier and didn't live constantly
 within the shadow of a husband."*