



The Five Stages of Grief

Denial

“He can’t be dead!”

“There must be a mistake!”



Anger

“This is all your fault!”

“How could she leave me like this?”



Bargaining

“Heavenly Father, I’ll do anything if you just let him walk through that door right now.”

“I promise I will be a better person if this all goes away.”



Depression

“I’m so sad; I can’t even eat.”

“What’s the point in even getting out of bed?”



Acceptance

“I’m so glad he was in my life.”

“She would want me to move forward.”