

Process of Grief

There are lots of theories about the grief cycle, most famous is the work of Elizabeth Kubler-Ross. It's been suggested that there are clear stages, or phases, of grief that are commonly experienced.

Kubler-Ross also recognised that **time** was the most important element that helped people return to what they referred to as 'Meaningful Life'.

That doesn't necessarily mean being 'happy', but being able to experience happiness.

Reality is that grief does not fit into neat boxes.

It can be layered by other losses or life events and therefore you can be going through different stages simultaneously. We may spend longer in one phase than another, and no two people will have identical experiences.

Allowing others, and being allowed, to manage our grief as individuals is essential

The idea of stages of grief can be very helpful when our thoughts or actions may seem very out of character.

Some will be clearer to you, as experiences you've had, than others. As our relationship with the loss will be unique, so our grief will be too.

The seven stages are:

Shock

Denial

Guilt

Anger

Sadness/Depression

Reconstruction

Acceptance and Meaningful Life



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