

Initial shock

**denial,
numbness**

**Accept the
reality of the
loss**

Reality Stage

**anger,
depression,
fear, guilt**

Process the pain and grief

Letting go / Reshaping

**acceptance,
forgiveness,
saying goodbye,
reframing**

**Adjust to a
world
without....**

Moving on

**hope, revaluing,
investing in new
life**

Embarking on a new life