The Experience of Grief

Des	Sadness	kerell Story		Preoccupation	Lowered Self	Anger Guilt	Depression	Bargaining	Panic	Confusion Fear/Anxiety	Shock/Denial Disbelief	Death/loss		Ac	
Despair Helplessness	CSS			tion \	Self	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	_/_	_		icty /	enial	Š N	_SHOCK /	Acknowledging the Loss	
-								ar of La	ISORII				`	Expe	1
Frustration		DISORIENTATION Fear of Losing Control											سند	Experiencing the Pain	· _
Limbo										Strugg	ADAPT		,	Re-adjusting to the loss	
Resentment	Bitterness	Епуу	Yearning	Missing	Stru		7	Ponsibilities	ë. 	Struggling with relationships,	ADAPTATION cnvironments,	HEALING	an asnas	to Rc-investing emotional energy	_
	Adapted from Jack Locicero, 1991			ng	Struggling	Поре	Growth	Healing	Acceptance	cs Opportunities	environments, pain	Remembering	NEW DIRECTIONS	Reconciling the loss	