5 Stages of Loss and Grief

1. **Denial** - Refusing to believe what’s happening
   “This isn’t real, this isn’t really happening”

2. **Anger** – Being angry about what’s happening
   “This is rubbish, this is ****, this is your fault!”

3. **Bargaining** – Hoping to change what’s happening by making promises
   “I’ll be better, I’ll do better, I’ll do anything to make it better”

4. **Depression** – mood changes with the realisation that the outcome can’t be changed
   “What’s the point, it’s all useless, I’ll be like this forever”

5. **Acceptance** – Adapting and adjusting to what is happening and bouncing back
   “I’m can’t change what is happening but I’m going to be ok”