

Stages of Loss

There is a range of **three** general types of emotions that people tend to feel in response to a very upsetting experience. Most people go through some or all of these before they get to a state of acceptance or resolution. You may feel each of these different feelings at different times, and this is completely normal.

Traumatic event



Shock



Depression
Anxiety

Sadness
Worry
Guilt



Growth and Hope

Acceptance
Optimism
Release

Denial
Detachment

Unreal
In a dream
Lonely

Anger

Why me?
Irritability
Blame

