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.

**Shock**
- Anger
- Why me?
- Irritability
- Blame

**Depression**
- Sadness
- Worry
- Guilt

**Denial**
- Unreal
- In a dream
- Lonely

**Growth and Hope**
- Acceptance
- Optimism
- Release

**Traumatic event**