

Stages of Grief



The stages of grief are different ways we might feel when something sad or difficult happens like losing a pet or someone special.



Denial: This is when you don't believe the bad news. You think it can't be true but you know that someone has died.



Anger: When the loss becomes real, you might feel angry at yourself or others because it seems unfair.



Bargaining: This is when you try to make deals to change what has happened. You might think, "If only I had done this differently, maybe everything would be okay."

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Depression: This is feeling very sad. You might not have energy to do anything. You might not want to talk to anyone and just be by yourself.



Acceptance: When you start to understand and accept what happened, even though it's still sad. You can keep going and remember the good times.

These feelings don't always happen in order. It's all part of how we heal and learn to live with the loss.



It's good to talk about these feelings with someone who cares about you, like a loved one or a professional.