

# Stages of Grief

**Denial:** Temporary shock and disbelief before reality sets in.

**Emotional Release:** Crying or other expressions of sadness: sometimes anger and resentment.

**Guilt:** Regret about something you did or didn't do while the person was alive.

**Depression:** Feelings of loneliness and hopelessness; difficulty in performing daily activities.

**Acceptance:** Adjusting to the finality of death and going on with life.