

# What to Expect When You're Going through Grief

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The grief process has 5 stages that all of us go through, whether someone has died, lost a romantic relationship through separation or divorce, suffered identity loss due to the loss of a job, or a move to a new geographical location, or expectations not met, or one of many other types of losses.

It has been said and it is true we go through small losses throughout our day. We are grateful for the pioneering work of Kubler-Ross who worked with terminally ill patients and recognized these stages and wrote them down for us.

These stages are so important to be aware of so that we know what we are experiencing and we know we are "normal" in this process. Just feeling normal in this process is a "relief".

Here are the stages -- you might be familiar with these and not even know it. It is important to know that these do not just happen in a chronological order, but can seem to collide all at once, two or three at a time or just when you thought stage 1 was over here it comes again. Please remember this is a normal process.

1. **Denial:** this can't be happening
2. **Anger:** physical expression of letting go, including yelling, crying, pounding. This anger can be directed to others even though they didn't do anything.
3. **Bargaining:** "if I get a good grade, I promise to study harder".
4. **Depression:** sadness, overwhelmedness, hopelessness.
5. **Acceptance:** This stage occurs when one has moved through the above stages.

Acceptance is just that "this is the way it is and I can move on with my life". I accept that I received a poor grade and I know what I need to do better. My partner is gone; I can cherish their memory and still go out with others.

Adaptation is part of this stage also. It is making a point to move on, to adapt to the new situation with a new perspective. For example, you may miss friends from the old place yet keep them and make new friends.

Sometimes you can get "stuck" in the process with depression, anger, etc., and need help to flow with and move through grief.

If you find yourself wanting to go with the flow better or feel stuck in the process, or want to know you are normal in this process please give me a call.

I understand grief and can  
walk with you as you  
move through your grief.

**509 - 662 - 9526**

Sorrow can be lifted.  
I can help.