



What am I Feeling?

The 5 stages of Grief

You may be feeling some of these emotions. Some of these feelings are stronger than others, the stages last different amounts of time. You may find that you go back and forth between stages or experience them in different orders. All of your feelings are normal.

1. Shock – This is like being surprised in a horrible way. You may feel confused, you may feel like you feel nothing at all. You may blame yourself (it's not your fault) or you may not believe what is happening.
2. Anger- You may feel angry with the people around you, You may feel angry with yourself, you may feel angry with your loved one for leaving you and you may even feel angry with God. You may want to shout or scream.
3. Extreme Sadness- You may feel tearful, or very tired, you may not want to get out of bed or go outside. You may feel like your sad feelings are stronger than you are. **YOU ARE STRONGER THAN YOU REALISE!**
4. Deal-making and 'WHAT IF'S?'- This can be like trying to make a deal with God to bring your loved one back. *"God please bring my dad back and I promise I will keep my room tidy from now on..."* You may question if there was more that you could have done?
"What if I was at home earlier that day, maybe I could have saved her?"
5. Acceptance- This is the point when you realise that you will be **okay**. You will still miss your loved one but you adjust to them not being there the way they used to.



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