

THE GRIEF CYCLE

LOSS-HURT

Denial

- Numbness
- Shock Escape
- Outbursts

Phase 1

LOSS-ADJUSTMENT

Phase 4

Acceptance

- Helping Others
- Affirmation
- Hope
- New Patterns
- New Strengths
- New Relationships

Anger

- Fear
- Disorganization
- Searching

Phase 2

Panic

- Refusal to Adjust
- Regrets
- Guilt
- Depression / Sickness
- Isolation
- Loneliness
- Re-Entry Issues (getting stuck)

Phase 3