



How to Cope with Loss and Pain

# GRIEF/LOSS WORKSHEET



# THE 5 STAGES OF GRIEF

The 5 stages of grief consist of 5 stages: denial, anger, bargaining, depression and acceptance. When people are grieving they are likely to go through each of these five stages on their own time, as they grieve the loss of someone or something important to them.

Below each stage is briefly described. Next to each description express how you relate to each stage. **What did you go through? How did you feel? How were you able to progress to the next stage?**

## 1. DENIAL:

The griever will find it difficult to believe or accept the outcome of a diagnosis or situation, and will likely continue to believe the more preferable outcome, using thoughts to justify holding on to the more favorable outcome of the two.

## 2. ANGER:

When the griever begins to come to terms with the most favorable outcome not being the most likely outcome, they become angry. Frustration, fear and confusion fuel the anger, as they struggle with questions like “why is this happening?”

## 3. BARGAINING:

This is when the griever begins to try to find ways around the outcome. Those struggling with grief of death will begin to bargain, offering things like a modified lifestyle or seeking redemption for the past, and others who are grieving things not related to death will also seek compromise.

## 4. DEPRESSION:

At this point in the process the griever falls into a state of despair as they stop fighting the outcome of a situation. This is a difficult point in the grieving process, as it will likely have the griever show symptoms like isolation, loss of appetite, or extreme sadness and inconsolability.

## 5. ACCEPTANCE:

This is the point in which the griever accepts the reality they are faced with and begin to work toward learning how to move on with their lives without who or what they lost. What are your steps to move forward at this stage in grieving?



# MY GRIEF PLAN

Use this worksheet to identify helpful ways of coping with your feelings of grief and loss.

**1. When I feel sad, I can do these things to cope:**

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**2. I can talk to these people to help me feel better:**

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**3. I can think these thoughts:**

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**4. How I plan to take care of myself:**

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