

SIX STAGES OF GRIEF & EMOTIONS

"Grief is life changing with a road of healing"

Job 1:6-22

Shock

Unbelief

Pain

DENIAL

A common defense mechanism that buffers the shock of a loss numbing us to our emotions. Outburst of unbelief, "This isn't happening" or a somber of why from the loss.

The first wave of undescribed pain, sorrow, isolation, and one might try to go on with normal routines or work.



ANGER

As the masking effects of denial wear off, reality sets in, pain re-emergence. We are angry at the injustice of pain and loss. The intense emotion causes us to blame family, friends, things, or ourselves. Some people even blame God.

The questions, of "Who is to blame?" and "Why is this happening (resurfaces)?"

At times we blame the decease for leaving us unintentional. Anxiety is prevalent.



BARGAINING

The normal reaction to feelings of helplessness and vulnerability is often a need to regain control through a series of "If only" statements, such as:

- If only we had sought medical attention sooner...
- If only we got a second opinion from another doctor...
- If only we had tried to be a better person toward them...

Guilt sets in, accompanied by bargaining, pain re-emergence, a down spiral emotion is released. Secretly, we may make a deal with God or our higher power. This is the hardest stage of grief to over come.



DEPRESSION

SADNESS
CRYING

REGRET

SUBTLE
PRIVACY

There are two types of grief from the loss of a loved one: Depression Trauma and Depression Isolation. A person can suffer from a major depressive episode during a period of bereavement or grief, such as after the loss of a loved one.

However, it's not normal for the symptoms of bereavement to induce significant functional impairment, morbid preoccupation with worthlessness, suicidal thoughts, psychotic symptoms, or psychomotor retardation (a slowing of a person's physical movements) for two months or more. The pain is now reality!



ACCEPTANCE

This is a personal experience stage. No grief is the same. We make peace with ourselves, forgive ourselves, but pain re-emergence is still prevalent.

However, a person or group of people acknowledge it will be an uphill-move forward in the healing process to strengthen the inner-soul.

At this stage unforgiveness can set in, if not careful, for the person(s) who caused the loss of loved ones.

True release is necessary for relief to come.



REAFFIRM

RESOLVE/INNER RESOLVE

RESILIENCE

The final stage of grief which is reaffirmed verbally or action at the beginning of loss of a loved one. It is to deal with successfully, to clear up, understand, or resolve doubts. The INSIDE-OUT reflection. An outwardly resolve or will to live as the faculty of conscious or deliberate action or power to determine and control what we are doing. This emotion is connected to the Spirit of Resilience (from The Kingdom of God-Heaven). The belief, I will....

- "I accept what happen, it has an end, I most go on to live."



Are you suffering with grief? Need someone to talk with? We are here to support and comfort.

(925) 392-5005

CALL-TO-ACTION

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