

# Stages of Grief

Commonly recognized

- 1. Denial** - Individual refuses to believe reality
- 2. Anger** - Turned against the dead person, someone else and/or God.
- 3. Guilt** - Anger turned inward (usually combination of false guilt and true guilt)
- 4. Genuine Grief** - true sadness
- 5. Resolution** - resolve to continue on with new life in positive attitude.