My Stages of Grief

Though grief is universal, everyone experiences it in a unique way. In this activity, you will explore your personal experience with the stages of grief.

Instructions: Reflect on your experience with grief, including your thoughts, feelings, and actions. Keep in mind you may skip stages, go through them in any order, or be in multiple stages at once.

Denial	
Anger	
Bargaining	
Depression	
Acceptance	

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