



5 grief states



You will forever be in my heart.

*I give myself permission
to flow in and out of states
and at different times.*

I am having a human experience

This reaction is atypical

I am not depressed.

I am

Shocked and in Denial

Feelings: Avoidance/Confusion/Fear/Numbness/Pain

Thoughts “Nah its bullshit” “I can’t believe it” “WTF” “this isn’t happening” “I don’t need any help”

Angry

Frustration/Anxiety/Irritation/Embarrassment/Shame

“Why does this happen to me?” “It isn’t fair” “Who did this?” “I’m peed off” “I am so embarrassed” “should’ve paid attention/done more”

Depression and Detachment

Overwhelmed/Blahs/Lack of Energy/Helplessness

“What’s the point” “I have nothing to live for now” “why even bother” “It’s all too much” “I can’t be fkd” “I don’t know what to do/think/say/feel?”

Dialogue and Bargaining

Reaching out /Wanting to tell my story/Struggling to find meaning for event

“I’d do anything for a few more days” “I just want one more chance to” “I need help”

Acceptance

Exploring options/a new plan in place

“It all happens for a reason” “I can’t change what happened” “It’s going to be okay”

Return to meaningful life

Empowerment/security/self-esteem/pride/meaning

“I am grateful for the experience/learning” “My thoughts/memories/experiences are mine” “I have come a long way” “I am stronger than I thoughtr”

Finally – the last stage

Acceptance/acknowledging/hopeful/recovering/hope

“my glass is no longer half empty” “I might do that” “I’d like to study this” “I am going to move location/change jobs” “I am committed to life” “I will share my journey”

This model helps us frame and identify what we may be feeling. Learning to live with what or who we have lost. There are not stops on some linear timeline and not everyone goes through each state. Grief is a unique journey up and down, back and forth, round and round BUT you will come through. You are strong and courageous.

Taranaki Rural Support Trusts hope is this knowledge will better equip you skills to cope with the loss and develop resilience to pain, change and trauma during your life.

You are a beautiful spirit having a human experience

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