

Grief Cycle

Shock

This is not happening to me!



Denial

This did not happen to me!



Anger

Why did this happen to me?



Bargaining

How could I have changed what happened to me?



Depression

I can't change what happened to me.



Acceptance

I will allow myself to grieve the loss and feel the pain from what happened to me.



Rebuilding Life

I will put my hope and trust in God for whatever will happen to me



New Wholeness

God will use what happened to me.