How I Am Experiencing the Stages of Grief

Instructions: List behaviors and thoughts you are experiencing in each phase of the grieving process that apply to you. Note that you may not experience every phase and that the phases may be in a unique order depending on your grieving process.

1) My denial looks like:

Thoughts: _____
_____

Behaviors: _____
_____

2) My anger looks like:

Thoughts: _____
_____

Behaviors: _____
_____

3) My bargaining looks like:

Thoughts: _____
_____

Behaviors: _____
_____

4) My feelings of depression look like:

Thoughts: _____
_____

Behaviors: _____
_____

5) My acceptance of this loss looks like or will look like:

Thoughts: _____
_____

Behaviors: _____
_____

6) I have circled the coping techniques I am willing to try:

Grief-focused journaling Counseling Grief support group

Venting to supportive friends and family members Reading grief focused literature

Using art or music to process my emotions Monitoring my emotional well-being

Practicing mindfulness Using a grief app