

7 Stages of Grief

Name: _____ Date of birth: _____

Grief topic: _____ Practitioner: _____

Stage 1: Shock

A client may exhibit numbness or physical responses such as a racing heart, feeling faint, or nausea.



Stage 2: Denial

Denial serves as a coping mechanism, where the client may struggle to acknowledge or accept the loss.



Stage 3: Anger

Anger can manifest as irritation, resentment, or rage, possibly directed at different targets, including oneself.



Stage 4: Bargaining

This stage may include the client mulling over 'what if' scenarios or thinking about what could have been done differently.



Stage 5: Depression

Not uncommonly, clients may show signs of withdrawal, deep sadness, and a sense of emptiness or hopelessness.



Stage 6: Testing

Clients begin to explore new ways to live with the loss, seeking practical methods to tackle everyday life without the person or thing they have lost.



Stage 7: Acceptance

A client finds a way to live with the loss, creating a new normal for themselves, where they can look forward to the future with a sense of peace.

Stage 1: Shock

Observations:



Stage 2: Denial

Observations:



Stage 3: Anger

Observations:



Stage 4: Bargaining

Observations:

Stage 5: Depression

Observations:



Stage 6: Testing

Observations:



Stage 7: Acceptance

Observations:

Session summary

Plan moving forward

Additional notes