

# 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**