



UNDERSTANDING THE STAGES OF GRIEF

A simple guide to what you may feel



1

Grief isn't linear.

Feelings can move back and forth, overlap, and return unexpectedly.

2

Numbness & Shock

The mind protects itself. Things may feel unreal or confusing at first.

3

Sadness & Longing

Waves of sorrow, missing your person, or feeling their absence deeply.

4

Anger or Frustration

Grief can come out as irritability, questions, or “why” moments.

5

Searching for Meaning

You may reflect, question, or try to understand the loss in your own way.

6

Gradual Adjustment

Slowly, daily life becomes more navigable. This isn't “moving on”—it's finding ways to carry love forward.

7

Your path is your own.

Every experience is valid. Support is there whenever you need it.