



# UNDERSTANDING THE STAGES OF GRIEF

A simple guide to what you may feel



## **Grief isn't linear.**

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

## **Numbness & Shock**

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

## **Sadness & Longing**

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

## **Anger or Frustration**

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

## **Searching for Meaning**

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

## **Gradual Adjustment**

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

## **Your path is your own.**

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