

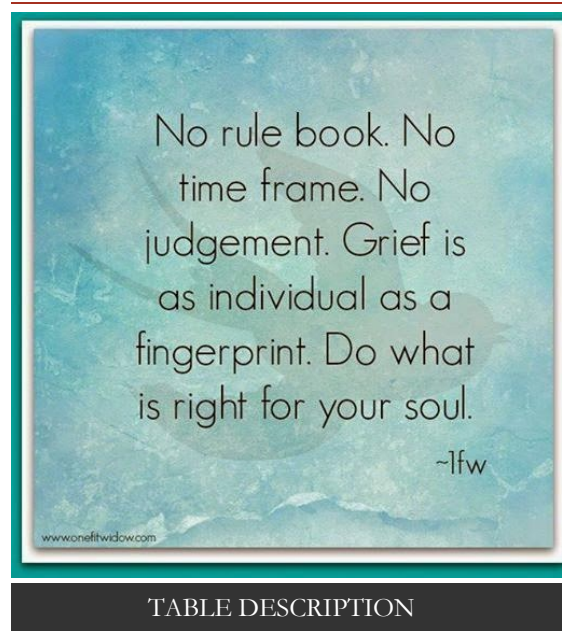
Grief and Loss Group

7 Stages of Grief

(Modified Kubler-Ross Model)

Shock*	• Initial paralysis at hearing the bad news.
Denial	• Trying to avoid the inevitable.
Anger	• Frustrated outpouring of bottled-up emotion.
Bargaining	• Seeking in vain for a way out.
Depression	• Final realization of the inevitable.
Testing*	• Seeking realistic solutions.
Acceptance	• Finally finding the way forward.

* This model is extended slightly from the original Kubler-Ross model, which does not explicitly include the Shock and Testing stages. These stages however are often useful to understand and to facilitate change.



Grief and loss can come in many different styles, length of times, seasons of our lives, and all people. We do not all grieve the same but one thing is certain, we all feel pain when we lose someone very near and dear to our hearts.

Date and Time:
Wednesdays, 6-7:30pm
Facilitator:
Marchell Pauley, LAC
Contact # 520-610-7643

Join our
community of
support



TABLE DESCRIPTION

Welcome
Rules of group
Introductions
Ice Breaker
Sharing
Closing

