

7 Stages of Grief

7 STAGES OF GRIEF

Name: _____ Practitioner: _____

Date of session: _____ dd / mm / yyyy Grief topic: _____

Stage 1: Shock - A client may exhibit numbness or physical responses such as a racing heart, feeling faint, or nausea.

Stage 1: Shock - Observations:

Stage 2: Denial - Denial serves as a coping mechanism, where the client may struggle to acknowledge or accept the loss.

Stage 2: Denial - Observations:

Stage 3: Anger - Anger can manifest as irritation, resentment, or rage, possibly directed at different targets, including oneself.

Stage 3: Anger - Observations:

Stage 4: Bargaining - This stage may include the client mulling over 'what if' scenarios or thinking about what could have been done differently.

Stage 4: Bargaining - Observations:

Stage 5: Depression - Not uncommonly, clients may show signs of withdrawal, deep sadness, and a sense of emptiness or hopelessness.

Stage 5: Depression - Observations:

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 6: Testing - Observations:

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 7: Acceptance - Observations:

Session summary:

Plan moving forward:

Additional notes: