

Predictable Emotional Stages to Loss & Trauma

Everyone (including family members and peers) responds in this way. Each person goes through the stages in varied lengths of time and can be in more than one stage at the same time. It is rarely a straight shoot through and frequently can go back to any of the stages at any time.

1-Shock & Disbelief

**2-Anger (frequently a secondary emotion covering over
Fear, Hurt, Frustration)**

3-Bargaining

4-Sadness

5-Acceptance & Recovery