Name: Quang Huynh Health

**Which stage of grief? (In dying patients)**

1. Denise, who has cancer, has found herself yelling and screaming in her kitchen. She threw pots and pans around as she did the dishes. Her doctor provoked her temper tantrum when he told her earlier in the day that this would probably be her last Christmas.

Stage of grief: Anger

1. Mark, another cancer victim, is celebrating his life by writing letters to all of his friends. He just took his final trip to his cottage in the country and is enjoying his final days by smelling the roses and making the most of each day.

Stage of grief: Acceptance

1. Bryan, who is dying, has begged God to let him live long enough to see his daughter get married.

Stage of grief: Bargaining

1. Ken just found out that his ex-lover tested positive for HIV. Ken has experienced some of the symptoms of AIDS, but he refuses to get tested. He’s terrified of the truth. Ken has also avoided seeing many of his friends in the gay community since finding out about his ex-lover’s illness.

Stage of grief: Denial

1. Since Jessica is dying, she had decided not to put up the Christmas tree this year. She figures why bother since she could be dead before Christmas. She also spends most of her days crying.

Stage of grief: Depression

#1. **Have you ever had a grief/loss experience? (This includes friends and pets)**

**If so, what was the relationship? What happened? How long ago?**

Great uncle. He died of a stroke about a year ago.

1. Loss of friends. Some people just stopped talking to me. This happens often, but the latest was around 3 months ago.

Breakups. The last one I had was 3 years ago and it was mutual.

1. Loss of pet birds. Some flew away and most died of age. this happened 7 years ago.

**#2. How do you think you handled the situation(s) (with great difficulty, not well, OK, etc)**

I feel like I handled all of these situations very well. I didn’t really feel anything or go through any of the stages of grief. I just accepted them face-value.

**#3. Do you know anyone that is dying of a terminal illness? Explain.**

Not anybody I can think of at the moment. But My brother had leukemia when he was two years old but has survived it. Although it might come back, he is safe and healthy as of now.

**#4. If you found out you had two years to live, what would you do? Would you live any differently than you are right now? Why or why not?**

If I had two years to live, I would try to complete as much as I can on my bucket list. I would just live life more excitingly if that makes sense.

If a person is going through the grief cycle what are some things that they should and should not do?

**DO NOT’S:**

1. Making big decisions
2. Throwing away pictures
3. Take depressant drugs.
4. Moving houses
5. Marriage

**DO’S:**

1. Get good rest
2. Have a good appetite.
3. Take care of yourself
4. Distract yourself

What are some things that you can do to help a friend if they are going through the grief cycle?

Offer to hang out with a friend if they are in the grief cycle.

The grief cycle usually takes 2 years to go through, but can take much longer.