

**STAGES IN THE PROCESS OF DYING
OR LOSS OF ANYTHING ELSE
OF GREAT IMPORTANCE**

by Elisabeth KUBLER - ROSS

DENIAL

Disbelief:

- ~ refusal to admit death is near.
- ~ that a great loss has occurred.

ANGER

“Why Me”:

- ~ Nasty, demanding, difficult, hostile.
- ~ Angry over being singled out.

BARGAINING (Sometimes)

- ~ *Attempts to gain postponement of death or loss from God, or physician.*

DEPRESSION

- Signs of acceptance:**
- ~ Feelings of hopelessness, despair.
 - ~ “Preparatory grief”
 - ~ Anticipation of impending loss.

ACCEPTANCE

Calmness:

- ~ Dignified acceptance of death or loss.
- ~ Has taken care of unfinished business.
- ~ Desire to be with significant others.
- ~ Verbal communication may be totally unnecessary.