

**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.