Kaleidoscope of Grief

The experience of grief is unique to each person and to each loss a person endures. During the journey, grief presents a variety of ever-changing challenges. Grief seldom looks exactly the same from one moment to the next.

SHOCK & DENIAL
Protection from the full impact of your loss.

ANGER / GUILT
Trying to make sense of the loss by blaming someone.

DEEP SADNESS
This loss isn't acceptable—and it isn't going to change.

"AM I O.K.?"
Questioning your sanity, seeking reassurance

GRIEF
Feelings & thoughts like these typically come and go in no particular order in the months following the death of someone you love.

LONELINESS
Longing for the presence of the person who has died.

ACCEPTANCE
Calm feeling that you will be all right.

GETTING ON WITH YOUR LIFE
The present and future become more interesting than the past.

TRYING TO GET OUT OF THE PAIN
Thoughts of doing anything for relief.

F From Franciscan Hospice, Tacoma, WA. Based on *Facets of Grief*, T. Hoon & G. Piper