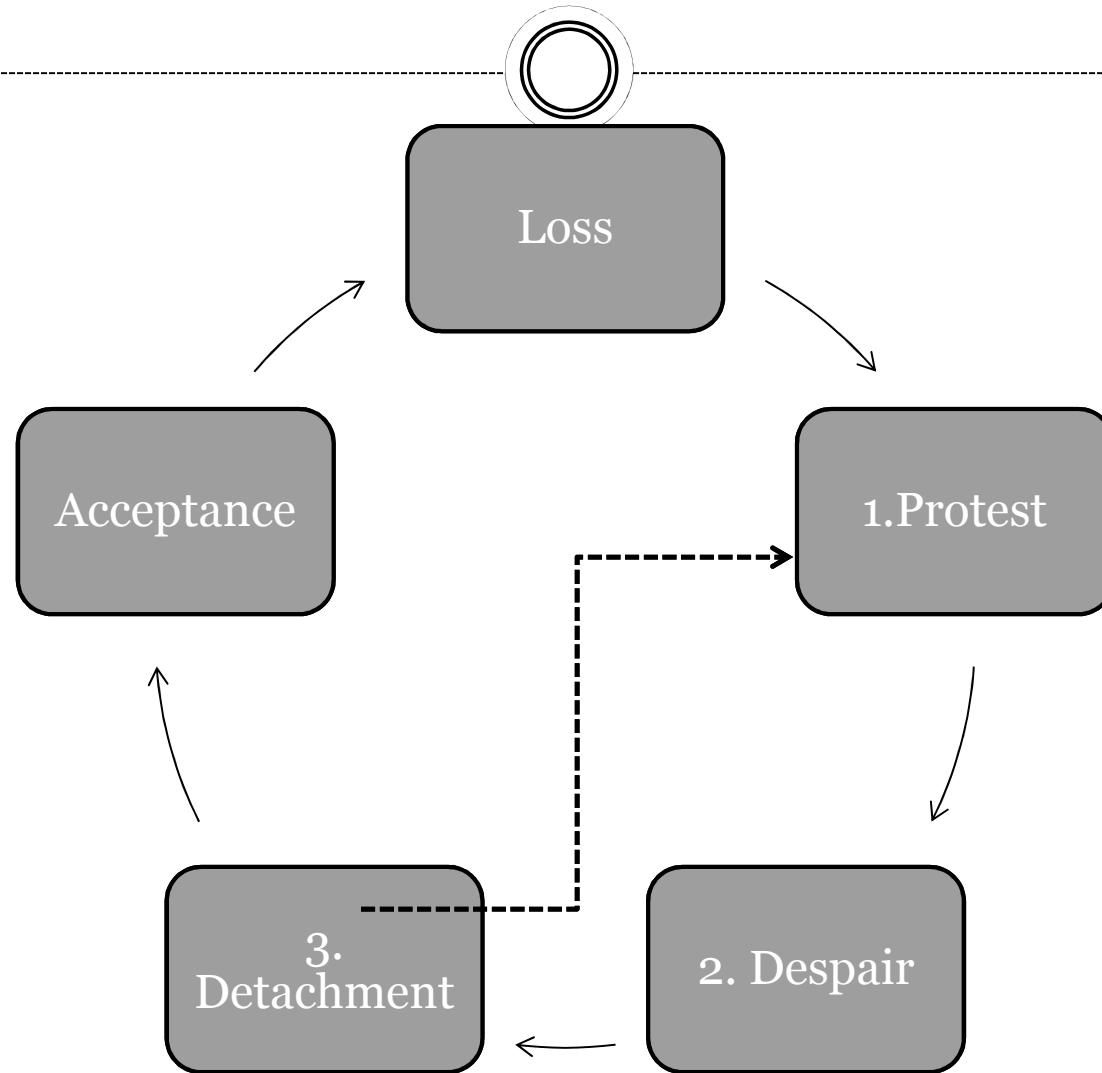
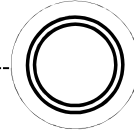


Grief and Loss



3 Phases of Grief after Loss or Perceived Loss



1. Protest

- Shock, confusion, denial, anger at others, anger at self, anger at God, lowered self-esteem
- Crying, pain, weakness, nausea, loss of appetite, sleep disturbance, etc.

2. Despair

- Agony, grief, anguish, depression
- Bargaining and “urge to recover” that which was lost, slowed thinking and actions, continuing physical symptoms.

3. Detachment

- Apathy, indifference, loss of interest, desire to withdraw and “give up”
- Decreased socialization, no new friendships, bland expression, absent spontaneity.