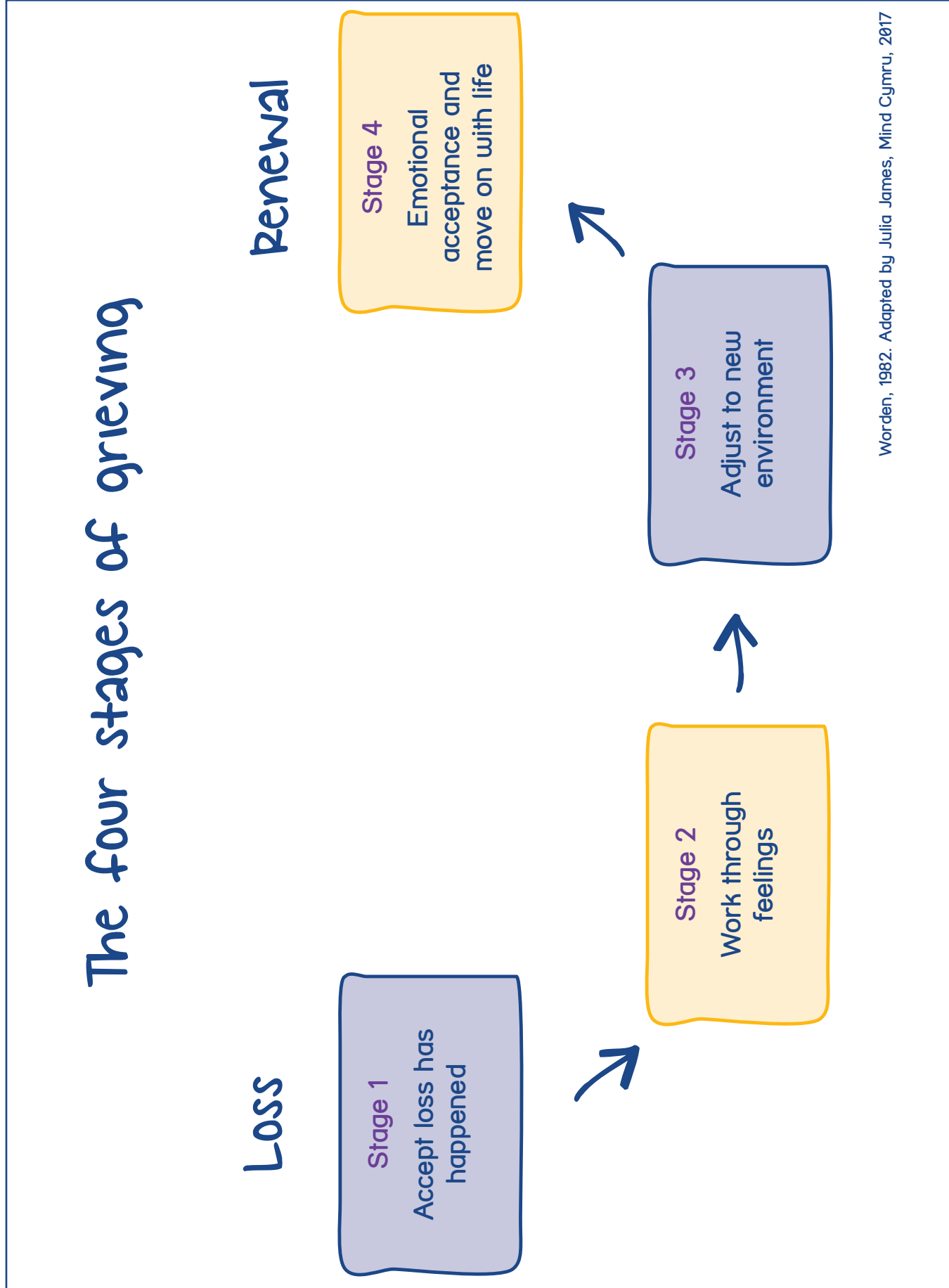


## 6.12 Module 5: The four stages of grieving



Social needs		
Challenge	Experiences	How to help
<p><b>Stage 1: Accept reality of the loss</b></p> <ul style="list-style-type: none"> <li>• Acknowledge that the loss has actually happened</li> <li>• That that person / object / pet will not return</li> </ul>	<ul style="list-style-type: none"> <li>• Denial</li> <li>• Searching behaviours</li> <li>• Forgetting about the loss</li> <li>• Shock / fear</li> </ul>	<ul style="list-style-type: none"> <li>• Help people to accept reality of loss by asking questions about the loss</li> </ul>
<p><b>Stage 2: Work through feelings</b></p> <ul style="list-style-type: none"> <li>• Experience the range of feelings</li> <li>• Share feelings with someone else</li> </ul>	<ul style="list-style-type: none"> <li>• Feelings of anger, sadness, guilt and fear</li> <li>• Trying to cut off feelings</li> <li>• Depression</li> <li>• Using alcohol or drugs</li> </ul>	<ul style="list-style-type: none"> <li>• Listen to people express their feelings</li> <li>• Don't be too judgemental or try and change their feelings</li> </ul>
<p><b>Stage 3: Adjust to new environment</b></p> <ul style="list-style-type: none"> <li>• Adjust to living in an environment without that person/pet/object</li> </ul>	<ul style="list-style-type: none"> <li>• Attempts to fill the role that lost object played in their life</li> <li>• Loss of direction</li> <li>• Search for meaning in the loss to make sense and regain control</li> </ul>	<ul style="list-style-type: none"> <li>• Help with problem solving on how to do practical tasks</li> <li>• Help problem solve new ways of dealing with environment</li> <li>• Help to develop new skills</li> </ul>
<p><b>Stage 4: Emotional acceptance</b></p> <ul style="list-style-type: none"> <li>• Remove future hopes for things that are lost</li> <li>• Keep in special place in heart</li> <li>• Move on with life</li> </ul>	<ul style="list-style-type: none"> <li>• Worry / guilt about moving on</li> <li>• Starting to form new bonds</li> <li>• Difficulty getting life started again</li> </ul>	<ul style="list-style-type: none"> <li>• Find appropriate place in their heart for thing that was lost</li> <li>• Encouragement to fill the void</li> </ul>