



ANGER

Conspiracy
Catastrophize
Irritated
Frustration

1

Fear
Confusion
Numbness
Avoidance
Blame

2

Begging & Pleading w/
higher power
Finding others to share
Can Tell the story, W/
Desire to help others
Finding Meaning and Purpose

3

Hopeless
Overwhelmed
Foggy Brain
Lack of Energy
Blah's

4

Finding the way back
finding loving memories
Finding Joy
Discovering a new way to
live at Peace

5

ACCEPTANCE

DEPRESSION & DETACHMENT

SHOCK & DENIAL

DIALOGUE & BARGAINING

