Grief and Loss

1. Protest
2. Despair
3. Detachment
Acceptance
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.