

The Grief Cycle

Grief is a word that you might hear which describes a mixture of emotions that we may feel after someone or something has died, or after any loss such as moving to a new school or moving house. The pictures below show some of the emotions we might feel at this time.



Shock and denial – you might find yourself thinking “It can’t be possible” or “This isn’t happening”. This is called denial. It may feel hard to feel anything at all and this may be due to shock.



Anger – it is natural to feel angry and you may ask yourself “Why did this have to happen to us?” or “It’s not fair!” It is important to find ways to deal with this anger safely.



Bargaining – this is a time when you may feel guilty and feel like what happened was your fault. You may blame yourself, wish that you had done something differently and ask yourself things like “If I had spent more time with him maybe he wouldn’t have died.”



Acceptance – over time you begin to learn to accept what has happened. It doesn’t mean that you are happy all of the time or no longer miss your loved one but you may feel more able to have fun and able to make plans about things you would like to do in the future.



Depression – this word means deep sadness. You may feel really lonely and like no one is feeling like you do. You may feel like you don’t know how to be happy anymore and that you have no energy to have fun.

