

# GRIEF CYCLE

**1/. Loss / Type A & B Trauma = PAIN**

**2/. Denial**

- Dissociation
- Delusion

**3/. Regret / Bargaining**

“If only ...”

**4/. Anger / Hatred**

Self ↔ Others

**5/. Depression / Despair**

- Hopelessness
- Helplessness
- Powerlessness

**6/. Acceptance (Move on)**

Two important keys are:

- (i) Understanding
- (ii) Forgiveness

**7/. Resolve**