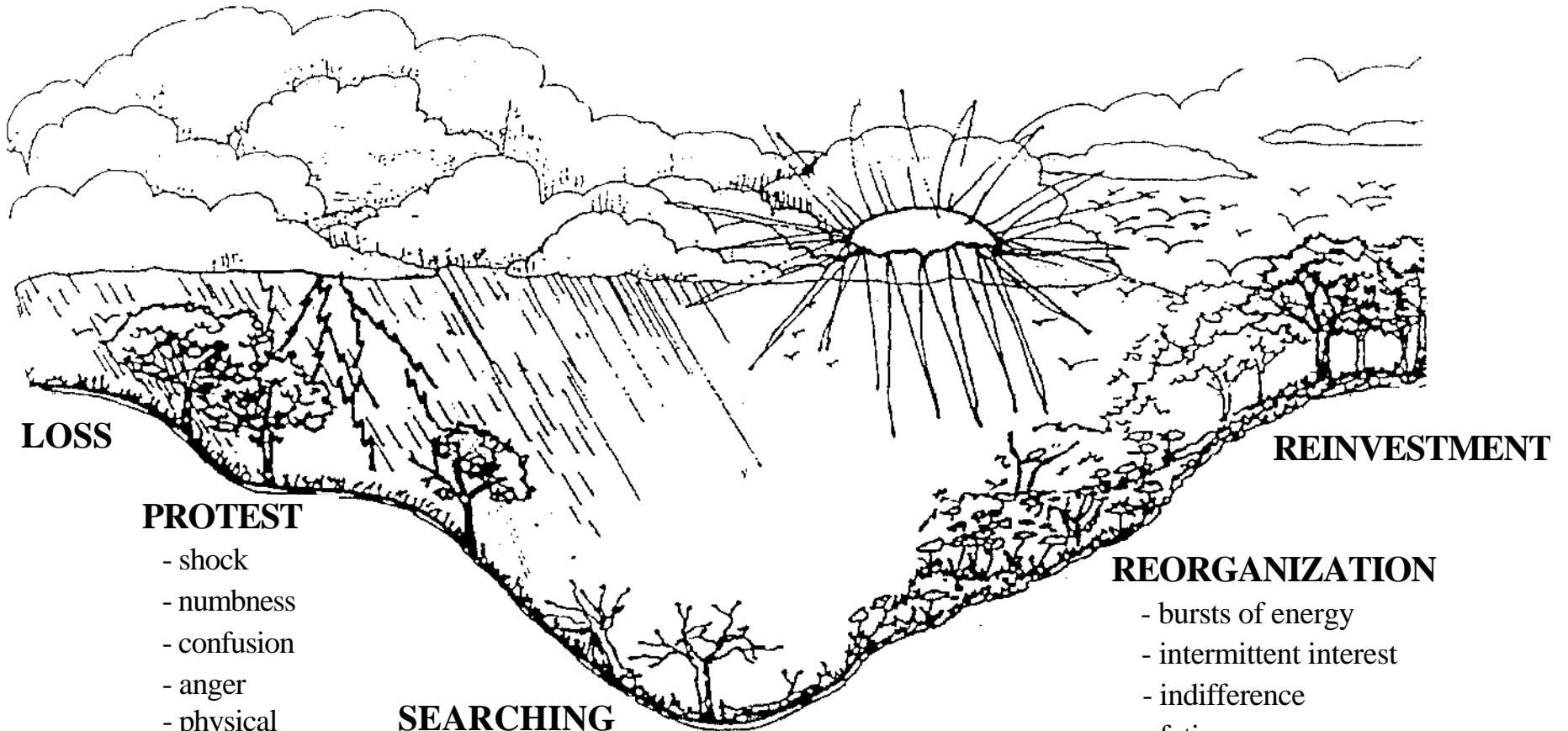


# The Journey Of Grief



**LOSS**

## **PROTEST**

- shock
- numbness
- confusion
- anger
- physical symptoms

## **SEARCHING**

- in mind
- in body

## **DESPAIR**

- agony
- anguish
- depression
- anger
- slowed thinking and actions

**REINVESTMENT**

## **REORGANIZATION**

- bursts of energy
- intermittent interest
- indifference
- fatigue
- detachment
- apathy