

## Stages and Tasks of Grief

Stage of Grief	Tasks	Characteristics
<b>Stage 1:</b>  Notification and shock	Share acknowledgement of the reality of the loss by assessing the loss, recognizing the loss.	<ul style="list-style-type: none"> <li>• assists the survivor in coping with the initial impact of the death</li> <li>• survivor may have feelings of numbness, difficulties with decision making, poor daily functioning, emotional outbursts, denial, isolation, avoidance</li> <li>• feelings should eventually decrease and subside as the survivor moves onto the next stage</li> </ul>
<b>Stage 2:</b>  Experience the loss emotionally and cognitively	Share in the process of working through the pain by reacting to, expressing and experiencing the pain of separation/grief	<ul style="list-style-type: none"> <li>• confrontation, anger, bargaining, depression</li> <li>• survivor may be angry at loved one who has died, "abandoned them," "left them behind"; anger may be directed at physician, nurse, other health care professionals, family members, friends</li> <li>• survivor may feel guilt based on perceptions that he/she or others did not do enough to prevent the death, he/she did not take good enough care of the deceased</li> <li>• survivor may ask questions, "What if....," "If only..."</li> <li>• survivor may experience sadness, loneliness, emptiness, lack of interest in daily life, insomnia, loss of or increase in appetite, apathy, disorganization</li> </ul>
<b>Stage 3:</b>  Reintegration	Reorganize and restructure family systems and relationships and reinvest in other relationships and life pursuits by adjusting to an environment without the deceased, relinquishing old attachments, forming new identity without deceased, adapting to new role while retaining memories (Barlé, Wortman, & Latack, 2017)	<ul style="list-style-type: none"> <li>• survivor may begin to reorganize their life, find hope in the future, feel more energetic, participate in social events, acceptance</li> </ul>

### References:

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