

Health and Family Life End of Unit Assessment “Loss”

Select **True** or **False** for the following statements.

1. Loss is losing only someone we care for or value. _____
2. Loss can be either temporary or permanent. _____
3. There are five major stages of grief. _____
4. The final stage of grief is denial. _____
5. We can assist someone who is grieving by arguing with them all the time.

6. A mood swing is a sudden change in behaviour. _____

Complete the passage by placing the words in the box in the correct space in the passage.

depression	angry	accept	first	bargaining
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During the _____ stage of grief it is really difficult to imagine that the person is really gone. You then become _____ because you may never see the person again. The third stage of grief is called _____ and the fourth stage is _____. During the final stage of grief you begin to _____ that the person is gone and you try to move on with your life.

Match the word or phrase to the most suitable definition.

Mood swing	understanding how a person is feeling
Temporary loss	not following a straight path
Intune	sudden change in behaviour
Roller coaster	losing someone for a specific period of time

Place these stages of grief in the order in which they may occur.

bargaining

anger

acceptance

denial

depression
