

Name: _____

5 Stages of Grief Worksheet

Please review both columns before starting the worksheet. After column review is completed, match each stage of grief with the corresponding stage placement then match each grief stage with its individual summary.

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|-----------|------------|---|
| 1. _____ | Stage 1 | a. Bargaining |
| 2. _____ | Stage 2 | b. In this stage, we begin to realize and feel the true extent of the death or loss. |
| 3. _____ | Stage 3 | c. This stage of grief may be marked by persistent thoughts about what "could have been done" to prevent the death or loss. |
| 4. _____ | Stage 4 | d. This stage is common. It usually happens when we feel helpless and powerless. |
| 5. _____ | Stage 5 | e. This stage of grief helps protect us from experiencing the intensity of the loss. |
| 6. _____ | Denial | f. Denial |
| 7. _____ | Bargaining | g. Acceptance |
| 8. _____ | Depression | h. In time, we can come to terms with all the emotions and feelings we experienced when the death or loss happened. |
| 9. _____ | Anger | i. Depression |
| 10. _____ | Acceptance | j. Anger |