

In 1969, in her book *On Death and Dying*, psychologist Elisabeth Kübler-Ross introduced the idea that there are several distinct stages of **grief**. The book, which was based on her work with terminally ill and dying patients, posited that people who were going through the grieving process went through unique and separate stages. These stages are as follows: denial, anger, bargaining, depression, and acceptance.

While there are five commonly accepted stages in the Kübler-Ross model, other interpretations of her model use seven stages of grief, which are shock and denial, pain and guilt, anger and bargaining, depression and loneliness, beginning to heal, reconstruction, and acceptance and hope. The main differences are that the five stages model considers anger and bargaining to be two separate stages, does not include guilt, and considers the final three stages of the seven stages model to be one stage.

The five stages of the Kübler-Ross model can be summarized and applied to a wide variety of grief situations. The first **stage**, denial, consists of a phase in which the victim can't believe that something bad is happening. It takes time for the victim to process that the bad event is actually happening, and this stage may be lengthened by the unfolding of the news of the situation.

The second stage, anger, consists of a phase in which the victim becomes upset and filled with rage and jealousy of those outside of the bad situation. While the victim may feel justified in having these feelings, this stage can isolate the victim from people who would care for him or her by pushing them away.

In bargaining, the third stage, the victim feels a temporary hope that something they can do, give, or sacrifice will stop the bad situation from occurring or make the bad situation that has already happened (such as the death of a loved one or a divorce) go away. While this is rarely true, the hope provides the victim with a brief respite from the negative feelings of the anger stage, and can cause a temporary positive outlook. While this makes the victim easier to be around, those around the victim who know that the bad situation will continue also know that the victim's negative feelings will return as soon as it is discovered that no bargain can be struck that will end the bad situation.

The fourth stage of grief, depression, consists of the victim's realization that the bad situation is not going to end, and that he or she will not be able to escape **it**. Some victims become so mired in the sadness and other negative feelings of this stage that they lose interest in maintaining their lives and relationships. Ironically, the sadness and other negative feelings of the depression stage show that the victim is finally realizing that the bad situation is real and beginning to process that reality.

The fifth stage, acceptance, is when the victim begins to find peace with the bad situation and his or her place in it. While acceptance contains sadness, it is not the paralyzing sadness of the depression stage that makes the victim lose interest in others or in maintaining daily activities. Acceptance is the stage referred to as “coming out the other side.”

- 21 What is the main idea of the passage?
- A. to describe the stages of grief
 - B. to explain who Elisabeth Kübler-Ross was
 - C. to detail the differences in the five stages versus the seven stages of grief
 - D. to question the importance of the stages of grief theory
- 22 The word ‘grief’ in paragraph 1 is closest in meaning to
- A. sadness
 - B. mourning
 - C. theory
 - D. death
- 23 Kübler-Ross based her theory on her experience
- A. working with children whose parents were divorcing
 - B. working with people who were dying
 - C. working with researchers who had a theory of seven stages of grief
 - D. working with the author of the book *On Death and Dying*
- 24 What is NOT a stage of grief by Kübler-Ross?
- A. depression
 - B. bargaining
 - C. reconstruction
 - D. acceptance
- 25 The word ‘stage’ in paragraph 3 is closest in meaning to
- A. theory
 - B. theater
 - C. phase
 - D. denial
- 26 What is true about the denial stage?
- A. It results from information received by the victim.
 - B. It is the shortest stage.
 - C. It always lasts from a few days to a week.
 - D. It is combined with guilt.

27 What best paraphrases the following sentence in paragraph 5?

While this is rarely true, the hope provides the victim with a brief respite from the negative feelings of the anger stage, and can cause a temporary positive outlook.

- A. Although nothing the victim does can affect the outcome of the situation, he or she may temporarily have hope that something can become happy.
- B. The victim may become very happy that something he or she does can change the outcome of the situation.
- C. The victim may become very happy to think that something he or she does can change the outcome of the situation.
- D. Nothing the victim does can change the outcome of the situation positively or negatively.

28 The word 'it' in paragraph 6 refers to

- A. the theory
- B. Kübler-Ross
- C. the victim
- D. the bad situation

29 What is characteristic of the acceptance stage?

- A. feeling jealous
- B. feeling guilty
- C. feeling peaceful
- D. feeling angry

30 It can be inferred from the passage that

- A. people who are dying will not survive to reach the acceptance stage
- B. the seven stages model is more robust than the five stages model
- C. Kübler-Ross's critics have more experience with grief than she did
- D. the grieving person is not always dying

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