

The Four Stages of Grief

According to Dr. Phil, the biggest challenge people who are grieving will deal with is getting their minds around what they are facing. If you are in the grieving process, you can expect to go through these four stages:

- 1. Shock:** Feeling numb. You may wake up wondering, "Is this real?"
- 2. Denial:** Being unable to accept the situation. You may find yourself thinking, "This can't be happening. It's not real."
- 3. Anger:** Wanting to lash out at everyone. You may continually ask, "How can this happen?"
- 4. Resolution:** Feeling like there is a way past the grief, an end to the sadness. You may say to yourself, "I will get through this."

During the grieving process, you may feel like you are on an emotional roller coaster ride, but things will get better if you allow yourself to heal.