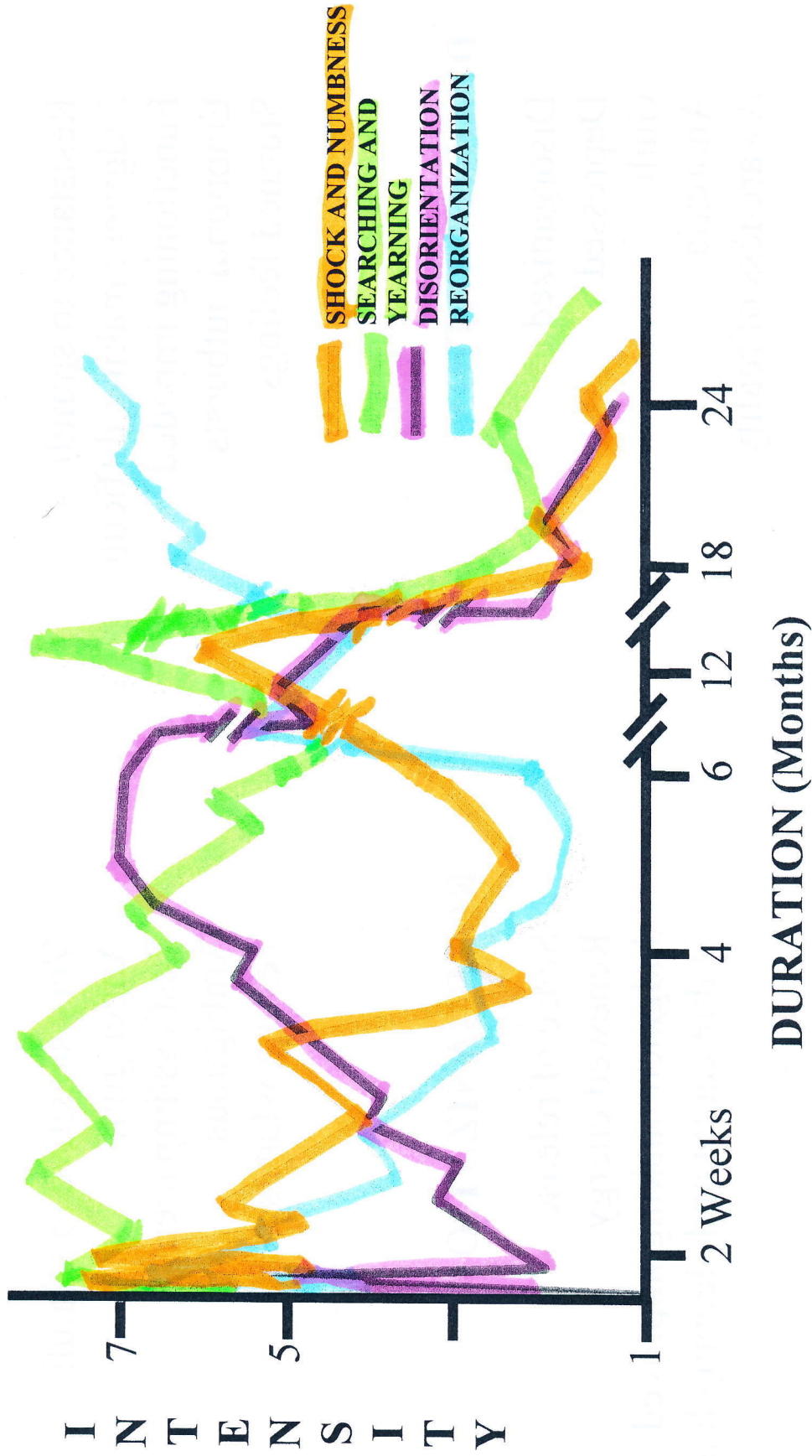


FOUR PHASES OF BEREAVEMENT



Courtesy of Bereavement Services,

FOUR PHASES OF BEREAVEMENT

SHOCK AND NUMBNESS

Resistance to stimuli
Judgment making difficult
Functioning impeded
Emotional outbursts
Stunned feelings

SEARCHING AND YEARNING

Very sensitive to stimuli
Anger/guilt
Restless/impatient
Ambiguous
Testing what is real

DISORIENTATION

Disorganized
Depressed
Guilt
Anorexia
Awareness of reality

REORGANIZATION

Sense of release
Renewed energy
Judgment making improved
Stable eating and sleeping habits