

The FIVE ASPECTS OF (Loss) GRIEF (Not in any order)

You may not know **WHY**, because we may not know God's greater purpose. Rom. 8:28

<u>ASPECTS</u> *	<u>Process</u>	<u>Recovery</u>
Denial	Change perspective	Rom. 8:32 Faith
Anger	Forbearance	Col. 3:13 Forgiveness
Bargaining	Self-denial	Matt.16:24 Submission
Depression	Acknowledge emotion	Ps. 77:1-13 Hope
Acceptance	Comfort	Cor. 1:3-5 Love

Volitional:

- Decide to go through these steps by renewing the mind even if an aspect becomes difficult.
- Make only the essential decisions, depending on the extent of loss, if a death has accrued, an autopsy, funeral home, gravesite, where to spend first night.
- Decide to be sad, accept the loss, accept the pain, and accept any guilt feelings.
- Decide to get physical help if needed.
- Decide NOT to make decisions that can be postponed.
- Decide to trust God with what we cannot understand.
- Decide to submit to God even when we do not like it.
- Decide to wait on 'healing' of pain.
- Decide to "get well" when the time comes.
- Decide to develop interest even if not interested.
- Decide to change your feelings by ...renewing the mind. Rom. 12:2

Emotional and Social:

PHYSICAL**	MENTAL	EMOTIONAL	SOCIALLY
Hysteria	Shock	Pain	Distress
Crying	Denial	Fear	Disorganization
Fainting	Helplessness	Panic	Disinterest
Fatigue	Bargaining	Guilt	Disinvestment
Numbness	Hopelessness	Anger	Reinvestment
Weakness		Depression	Reorganization
Nausea		Loneliness	Renewal
Insomnia			
Dizziness			
Trembling			
Shortness of breath			

*The five aspects of grief were developed by Kubler-Ross. (See Notes on Psychology Lesson 6)

** Consultate a Medical care provider for physical problems.