

The Forgiveness Solution

Handout 7.5: The Five Stages of Grieving and Healing

Based on the works of Kubler-Ross (1969)

	<i>Grieving Death</i>	<i>Grieving From Hurtful Memories</i>
DENIAL	I will not accept that my loved one is dying. I cannot accept my own mortality.	I will not admit that I am hurt. It's no big deal.
ANGER	I am angry at life's unfairness.	I blame others for hurting me; I can't forgive.
BARGAINING	If only I do something, maybe it won't happen. I might have power to alter what is happening.	Maybe others will "see the light," change their minds, or reconsider, if I can only show them.
DEPRESSION	I was powerless and could not change life's reality. I feel sad and hopeless, and there is nothing I can do.	I can't forgive others for the damage they caused. It's hopeless, and I feel helpless.
ACCEPTANCE	I have prepared for the inevitability of death and have made amends with the important people in my life. I have come to terms with my own mortality and that of my loved ones.	I look forward to growing from the hurt. I will work on acceptance and forgiveness. I will let go of the dreams and expectations that could not come true.