

The Five Stages of Death & Dying:

Denial and Isolation.

At first, we tend to deny the loss has taken place, and may withdraw from our usual social contacts. This stage may last a few moments, or longer.

Anger.

The grieving person may then be furious at the person who inflicted the hurt (even if she's dead), or at the world, for letting it happen. He may be angry with himself for letting the event take place, even if, realistically, nothing could have stopped it.

Bargaining.

Now the grieving person may make bargains with God, asking, "If I do this, will you take away the loss?"

Depression.

The person feels numb, although anger and sadness may remain underneath.

Acceptance.

This is when the anger, sadness and mourning have tapered off. The person simply accepts the reality of the loss.

Elisabeth Kübler-Ross, M.D. (July 8, 1926 - August 24, 2004) was a Swiss-born psychiatrist, a pioneer in Near Death Studies and the author of the groundbreaking book *On Death and Dying* (1969), where she first discussed what is now known as the Kübler-Ross model or the five stages of death and dying. She named these as five stages of grief people go through during and following a serious loss. Sometimes people get stuck in one of the first four stages. Their lives can be painful until they move to the fifth stage - acceptance.

Sources:

Elisabeth Kübler-Ross. *On Death and Dying*. New York: Macmillan, 1969.

Gill, Derek L. T. *Quest: The Life of Elisabeth Kübler-Ross*. New York: Harper & Row, 1980.