

Phases of Group Grief

Groups must move through these phases or they can "get stuck."

1. Shock and Anger - Oh shit!

The realization that the world is different already helps one move forward.

2. Denial - Won't happen!

Anyway, it's your job, not my job.

3. Memories - I remember when...

The stories get repeated over and over, but eventually begin to include "today."

4. Despair - I can't get out of bed. Why am I so tired?

Can't go back and don't know what the future holds. Can get stuck here.

5. Silence - I don't want to talk right now. You go ahead...

Peaceful compared to first 4 steps. Don't rush this - hearts and heads are spinning.

6. Questioning - Okay, now what?

Asked in love (challenge/acceptance):

What are you going to do with the rest of your life?

7. Vision - Hey! We could...

Creates itself, a gift of chaos, of transformational learning.

Wonder + Imagination = Vision