



EL-SHADDAI

FUNERALS | BEGRAFNISDIENSTE

Celebration of Life



Five Stages of Grief

The first stage is denial.

It is a way to escape the anxiety of the situation. It is phrased in terms of "it cannot be". In this phase, people talk a lot in the search for what is "true". Denial is typically characterized by shock and numbness. The psyche develops a protective mechanism that causes the affected individual to initially react in disbelief. Delaying our understanding of what happened in this way actually helps us to process our emotions rather gradually.

The second stage is anger.

As soon as the reality of what happened begins to sink in, shock and numbness fade away and turn into anger and bitterness. Although it appears as anger, it is really just displaced sadness. The brain tries to find a purpose or reason for the loss, but then we realize there are no logical / acceptable answers to it. This lack of understanding causes a deep sadness that we experience as anger. During this phase, a person is angry with anyone, e.g. the medical services, the church, God etc. Be sensitive and have a lot of patience. These are abnormal circumstances.

The third phase is negotiation.

This is when the person negotiates with God and the world to reverse the situation (even if it is for a short time). An example might include asking God to bring back the life of a loved one. The negotiation process can also be experienced as 'what if' thinking. For example, "What if I had done... instead?" or "If only I would rather..." This stems from our desire to return to a life before the loss. One therefore focuses a lot on scenarios that could possibly have prevented the loss.

The fourth stage is depression.

This is when a person realizes they cannot change their situation and becomes depressed or discouraged. The realization that the loss is a nasty reality. It is characterized by deep sadness and mourning. The length of this phase varies from person to person, and is strongly influenced by the type of loss experienced. For some, this phase lasts days or weeks, while others may experience this phase for weeks or months.

The fifth stage is acceptance.

Here the person begins to accept reality and make peace with what has happened, this does not mean that they "agree" with the loss but realize that nothing can be done to change the outcome. Here the support from the family plays an important role and new habits can be established.

Each person is unique and reacts differently during a traumatic event. The uncertainty of exactly how everything will play out and what the changing future will look like may cause people to experience that they have to process the loss again and again and go through the phases all over again. So keep in mind that no person necessarily goes through all the phases, and that people do not experience them in the same order either.

Thus was fulfilled what was said by the prophet Isaiah: "He took our sufferings upon Himself, He bore our sicknesses." Matthew 8:17