

Understanding the Stages of Grief

Helping you acknowledge your past experience in a healthy way



Denial

Getting through the challenges that are connected to the past and giving yourself permission to experience this.



Anger

Get upset, healthy release, challenge your thoughts, deep breath in (take in the negative), and deep breath out (release its stronghold).



Bargaining

Understand what is best for your life, get curious, do real thinking.



Depression

Sadness, anxiety, difficult feelings, knowing it's okay to feel these things. Keep in mind that moving forward is necessary for overall well-being.



Acceptance

Recover and elevate past the pain, understand that it no longer owns you and you can grow from it.