Therapy can help: is a reaction to a loss or an ending of what has been familiar for us, and having to adapt to a new—often unwanted—reality.

**Learning About Grief**

**STEP 1**

**Denial**
Confusion
Forgetting
Distracted mentally, always busy

**STEP 2**

**Bargaining**
Over-analyzing
Ruminating on the past or future
Comparing self to others
Catastrophizing, predicting the future

**STEP 3**

**Anger**
Irritability
Rage
Frustration
Resentment

**STEP 4**

**Depression**
Sadness, loss
Despair
Hopelessness, helplessness, defeatist attitude
Overwhelmed
Discouraged
Disappointed
Crying

**STEP 5**

**Acceptance**
A practice of letting go of the desired reality and accepting reality as it is, moment to moment.
Engaging with yourself humanely
Non-defensive, authentic, Evaluative, non-judgmental
Skillful
Honest
Exploring realistic options
Able to be vulnerable
Tolerant of emotions
Assertive communication
Coping, adapting, changing

The stages of grieving are attempts to process and protect ourselves while we adapt to a new reality. Denial, bargaining, anger, depression, acceptance.

**STEP 6**

**Practicing Acceptance**
Holding a humane attunement to physical needs (oxygen, sleep, water, nourishment, physical activity, comfort, connection, etc.)

**STEP 7**

Coping ahead—what’s been hard in the past?
What did you need that you didn’t have?
What are your options now?
What is the best-case scenario?

**STEP 8**

**Therapy can help:**
Talk through current or past symptoms which might be too overwhelming to cope with independently;
Enhance your personal strengths and skills; Develop personalized interventions that are meaningful to you;
Identify your needs, resources and options (i.e. group support, specialized counseling, medication, academic support, etc.)

**STEP 9**

**The UW Counseling Center**
offers consultation, short-term individual counseling and group therapy for students.

Rm 401 Schmitz Hall
Phone: 206-543-1240
wellbeing.uw.edu

We are here for you
@uwcounseling