

1. DENIAL AND ISOLATION

I feel so alone.
Mom and Dad aren't
separating for long.

2. ANGER/ BLAMING

How can you do this to
me? It's your fault this is
happening to me.
What did I do to
cause this?

Stages of Loss and Grief (Children)

6. HEALING

I was confused and
unhappy before. Now my
parents, my grandparents,
my aunts and uncles
treat each other better,
and that makes me
feel good.

3. BARGAINING

If I am really good, maybe
you will get back together
again.

5. ACCEPTANCE

Mom and Dad are not
going to get back together.
It's okay that my friends
know my parents aren't
together any more.

4. DEPRESSION

I feel empty inside and
nothing can make it go
away.