



The 5 Waves of Loss



When something is lost, like a person, a pet, a home, or a friendship, huge feelings can wash in. They don't arrive in a neat line, one after another. They come like waves; sometimes big, sometimes small, sometimes the same wave twice and sometimes a wave that never comes at all. There is no wrong way for your waves to arrive.

SHOCK



ANGER



SADNESS



BARGAINING



FINDING SOME
PEACE



Based on Kubler Ross Model.