

NAME:

DATE:

FIVE STAGES OF GRIEF
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STAGE	INTERPRETATION	EXPERIENCES
1 DENIAL	<p>Denial is a conscious or unconscious refusal to accept facts, information, reality, etc., relating to the situation concerned. It's a defense mechanism and perfectly natural. At first, people recently diagnosed with diabetes may simply decide to live as if they are not a person with diabetes. For example, you may not take the recommended medicines due to denial. In order to get past this step, one must first take responsibility for the management of diabetes as soon as possible.</p>	
2 ANGER	<p>Anger is a natural reaction after being diagnosed with diabetes. You may feel like your potential has been tampered with and that unfair restrictions have been imposed in your lifestyle. For example, after being diagnosed with diabetes, you may be very upset by the apparently limited food choices, or find yourself comparing with other non-diabetic people around you and feeling very angry for being "singled out".</p>	

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3
BARGAINING

People recently diagnosed with diabetes may find themselves bargaining with their doctors and family members about diabetes. They may seek to negotiate a compromise, although they are ultimately one-sided bargains. For example, you may tell yourself that you will take care of your diabetes as long as the doctors promise you that your diagnosis won't get worse. However, it's important to know that bargaining rarely provides a sustainable solution.

4
DEPRESSION

People with diabetes are twice as likely to suffer from depression. Some may fall into depression when their bargains fail. You may find yourself feeling depressed when your plans to avoid diabetes are not enough. It's a sort of 'acceptance' with the emotional attachment. This can lead to outbursts or sometimes withdrawal. However, it shows that the person has at least begun to accept the reality.

5
ACCEPTANCE

This stage may take months to happen, but once you learn to accept your new lifestyle, you learn that you are the only person in control of your diabetes! You may wish that you did not have diabetes, but you are better able to live with it than before.