



11 Phases of Grief

1. **Emotional Armor** ~ A shield of numbness, hysteria, denial, protest, and shock that cushions the initial blow of loss.
2. **Role Confusion** ~ When the loss changes who you are or how you see yourself, disorienting your identity.
3. **The Three Ds: Distraction, Depression & Detachment** ~ A time when grief pulls you inward or pushes you to avoid its intensity.
4. **Fear and Anxiety** ~ The unpredictability of grief invites fear—of the future, the unknown, and being unmoored.
5. **Anger, Rage, and Despair** ~ Powerful emotions rise when you feel powerless to change what has been lost.
6. **Regret, Guilt, and Shame** ~ You may revisit past choices, longing to undo, explain, or make peace.
7. **Sadness** ~ A deep sorrow that arrives without a schedule—full-bodied, tender, and often wordless.
8. **Forgiveness** ~ Letting go, not as forgetting, but as an act of understanding, purpose, and inner freedom.
9. **Re-patterning, Calibration, and Integration** ~ The slow process of building a new rhythm, where loss becomes part of your narrative.
10. **Resolution** ~ A settling—grief no longer dominates, but lives alongside your evolving self.
11. **Grace** ~ A quiet moment when meaning, love, and memory coexist with acceptance.

“Grief is not a problem to be solved; it is a process to be lived.”

– Edy Nathan



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