

Reflecting on Elizabeth Kubler-Ross's 5 Stages of grief, what overall stage of grief do you think you are experiencing presently?

Denial

Anger

Bargaining

Depression

Acceptance

Can you identify specific issues you may be at differing stages of grief? Example: I may have ACCEPTED that God is not who I thought, but I am ANGRY there have been things intentionally hidden in church history and I am in DENIAL that I have been under the influence of emotional and psychological abuse. I may be BARGAINING by trying to find a way to keep my church calling even though I no longer believe, etc.

If you are primarily at the **anger stage**, or you sense there is still some anger, what is it you feel those anger emotions are directed at? By observing the anger, what boundaries do you feel have been crossed for you? _____

If you are at the **bargaining stage**, what is it you are hoping to do by bargaining? What ways have you observed yourself try to bargain? _____

If you are at the **depression stage**, what is it you feel is not going to change or what is bringing you the greatest sense of discouragement or despair? _____

What have you learned to accept about this faith transition?

Fill in the blank.

I am grieving the loss of:

Keep going until you cannot think of anything else you may be grieving.

Can any of these griefs be replaced or rebuilt in a better or healthier way?