

Name _____



Understanding Grief

Directions: Read the passage below about the stages of grief. Then answer the comprehension questions that follow.

The Five Stages of Grief

When someone experiences a loss, such as losing a loved one, a pet, or even a major change in life, they may go through a process called grief. Grief is the emotional journey people take as they adjust to what has happened. Everyone's experience is different, but many people feel similar emotions during this time.

The first stage is **denial**, when a person may find it hard to believe the loss has really happened. The second stage is **anger**, where feelings of frustration or unfairness may appear. The third stage is **bargaining**, which includes thoughts like, "If only I had done this differently." The fourth stage is **depression**, when sadness and loneliness can feel overwhelming. Finally, there is **acceptance**, when a person begins to find peace and learns to live with the loss.

It is important to remember that these stages do not always happen in order, and people may move back and forth between them. Healing takes time, and it helps to talk to others, share memories, and find healthy ways to express feelings.

1. What is grief?
 - A. A happy memory
 - B. Forgetting someone you loved
 - C. A type of illness
 - D. The emotional process after a loss
2. What is one sign of the denial stage?
 - A. Feeling very angry
 - B. Not believing the loss is real
 - C. Feeling calm and peaceful
 - D. Talking about memories
3. What does the depression stage usually involve?
 - A. Sadness and loneliness
 - B. Happiness and joy
 - C. Excitement and energy
 - D. Relief and laughter
4. Which statement about grief is true?
 - A. Everyone goes through the same order of stages
 - B. Grief only happens when someone dies
 - C. People can move through stages in different ways
 - D. Grief should only last a few days