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|  | 1. Denial | 2. Anger | 3. Bargaining | 4. Depression | 5. Acceptance | 6. Finding Meaning |
| Death | It can’t be true. | This wouldn’t have happened if she had gone to the doctor. | If I pray every night, she will live. | I can’t go on without my sister. My life is over. | I was lucky to know her for so many great years. | Losing my sister has taught me to appreciate the little things in life. |
| Racism/White Privilege Experience | He must have had a bad heart or resisted arrest, and died from that, not from police brutality or racism. | Injustice is so unfair. The system is wrong and enough is enough. | If I march and share support on social media, that means I’m not racist. | I’m heartbroken about systemic racism and all the suffering Black people have endured. | This is America’s history. People are waking up and seeing the truth. I have hope that things will change. | Through dealing with racism and unpacking white privilege. I have become closer to some people in my life. |
| COVID-19 | People are exaggerating how serious it is. It’s a conspiracy. I’m young, so I won’t get it. | Stay-At-Home is stupid. It makes me mad that I can’t go to sports events or see my friends. | If I go to one party, nothing bad will happen. If I shop at my grocery store without a mask once a week, I’ll be fine. | I’m so sad that the wedding is postponed. I can’t stop crying from disappointment. | I’m going to wear a mask when I go out in crowded public spaces and hopefully, COVID-19 will go away in time. | Being forced to work at home as given me back some of my commuting time. I’ve been able to take better care of myself and figure out some changes I want to make in my life. |

6 STAGES OF GRIEF: Examples of how might people think at each stage

