

Kubler-Ross Stages of Grief	Healing Process for Injury	Commonalities
1) Denial/Shock	1st Phase: bleed, react, treat	Sudden tragedy, overwhelming, frightening, "State of Emergency"
2) Anger/Flood of Feelings	1) Inflammatory "angry red stage"	Spontaneous emotion, impatience, irritability, resentment, mad, asking "Why me?"
3) Bargaining	2) Rebuilding	Takes time, many months and there may be setbacks, but strength will come
4) Depression		
5) Acceptance	3) Maturation	It can take years for complete healing. Scar products/grief support services can be used to help guide this process.
Not all healing is the same*	Not all healing is the same*	NOT ALL HEALING IS THE SAME*