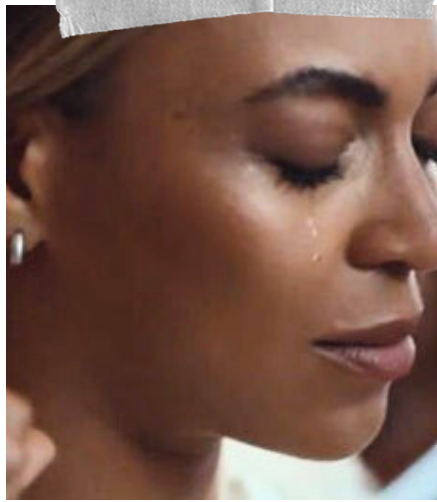


Beyoncé Knowles-Carter & THE 7 STAGES OF *grief*

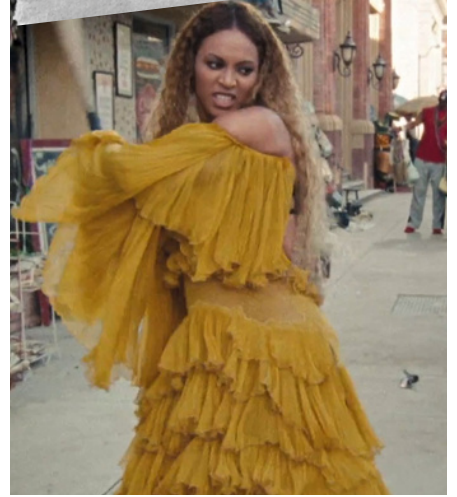
1. Shock & Denial



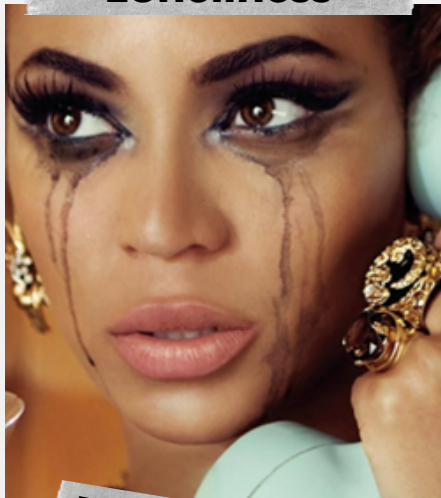
2. Pain & Guilt



3. Anger & Bargaining



4. Depression & Loneliness



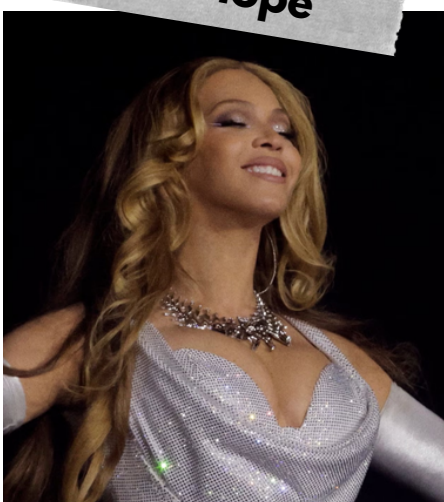
5. The Upward Turn



6. Reconstruction & Working Through



7. Acceptance & Hope



The 7 Stages of Grief

1. Shock & Denial: a numbed disbelief
2. Pain & Guilt: suffering & excruciating pain
3. Anger & Bargaining: frustration leads to anger
4. Depression, Reflection & Loneliness: the magnitude of loss sets in
5. The Upward Turn: life becomes calmer as adjustments are made
6. Reconstruction & Working Through: functional with realistic solutions
7. Acceptance & Hope: future oriented & hopeful while coping

Don't Forget:

- Stages of grief & loss are non-linear
- There is no "right" or "wrong" way to grieve
- You are not alone

