



وزارة التعليم العالي والبحث العلمي  
جامعة العميد/كلية التمريض

**عنوان المحاضرة**

**The grief**

**أسم التدريسي:**

**م.م علي فلاح حسن الجنابي**

## □ مثال:

عندما تُوفي والد أحمد، شعر بحزنٍ عميقٍ وصدمةٍ كبيرة. في الأيام الأولى، كان يبكي كثيرًا ولا يرغب في التحدث مع أحد. بعد فترة، بدأ يتقبل الواقع تدريجيًا، وتذكر والده بالدعاء والرحمة، واستعاد بعضًا من هدوئه النفسي.

## □ الشرح:

هذا المثال يوضح مراحل الحزن التي قد يمر بها الإنسان بعد فقدان شخصٍ عزيز — مثل الصدمة، الإنكار، الغضب، الحزن، ثم القبول.

# What is grief

- Is a person natural response to loss any things or someone.
- When the loss is great, the grief is increase.
- may be associate grief with the death of a loved one.



# Examples of grief?

1. Loss of a close friend.
2. Death someone of family.
3. Death of a classmate or colleague.
4. Serious illness of a loved one.
5. Relationship breakup.

# Kübler-Ross Model

the five stages of grief :

1. Denial.
2. Anger.
3. Bargaining.
4. Depression.
5. Acceptance



التقبل 🙄 → الاكتئاب 🤝 → المساومة 😡 → الغضب 😞 → الإنكار 😊

Stage	Typical Duration	Notes
1. Denial	Hours → Days → Sometimes Weeks	The shock phase — refusing to believe the loss.
2. Anger	A few days → Several weeks	May include frustration, blame, or resentment.
3. Bargaining	Days → Weeks	"If only..." thinking; often short but intense.
4. Depression	Weeks → Months (sometimes longer)	Deep sadness and withdrawal are common.
5. Acceptance	No set duration	Gradual adaptation and peace with reality.

# 1. Denial

Refusing to believe the loss has happened.

*Example:* “This can’t be real. It must be a mistake.”



# Examples of denial

1. **Breakup or divorce:** “They’re just upset. This will be back tomorrow.”
2. **Job loss:** “They were mistaken. They’ll call tomorrow to say they need me.”
3. **Death of a loved one:** “She’s not gone. She’ll come in any moment.”
4. **Terminal illness diagnosis:** “This isn’t happening to me. The results are wrong.”

# Anger

Feeling frustration, blame, or resentment about the situation.

*Example:* “Why did this happen to me? It’s not fair!”



# Examples of the anger stage

**Breakup or divorce:** “I hate him! He’ll regret leaving me!”

**Job loss:** “They’re poor managers. I hope they fail.”

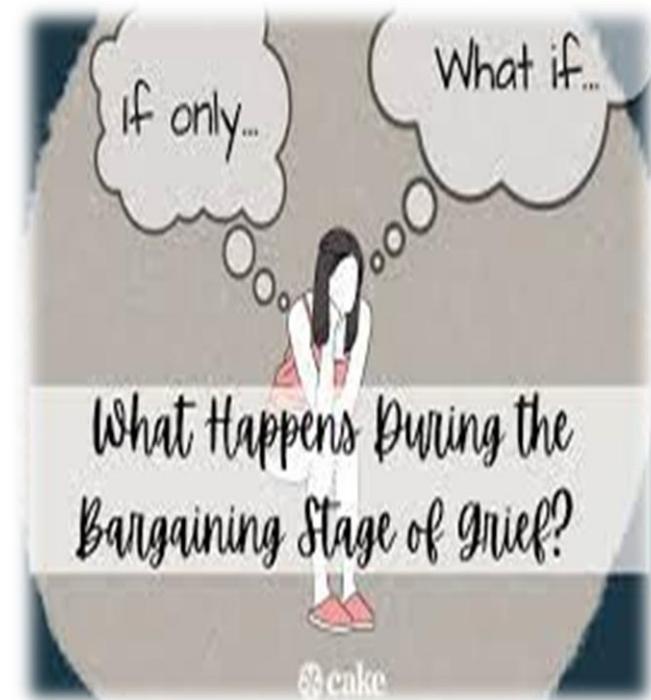
**Death of a loved one:** “If she cared for herself more, this wouldn’t have happened.”

**Terminal illness diagnosis:** “Where is God in this? How can God let this happen!”

# Bargaining

Trying to make deals or promises to undo or lessen the pain.

*Example:* “If I do this, maybe things will get better.”



# Examples of the Bargaining stage

**Breakup or divorce:** “If only I had spent more time with her, she would have stayed.”

**Job loss:** “If only I worked more weekends, they would have seen how comot me.”

**Death of a loved one:** “If only I had called her that night, she wouldn’t be gone.”

**Terminal illness diagnosis:** “If only we had gone to the doctor sooner, we could have stopped this.”

# Depression

Deep sadness and withdrawal as the reality of the loss sets in.

*Example:* “I feel empty and can’t see a reason to keep going.”



# Examples of the depression stage

**Breakup or divorce:** “Why I a life continue?”

**Job loss:** “I don’t know how to go forward from here.”

**Death of a loved one:** “What I am without her?”

**Terminal illness diagnosis:** “My whole life comes to this terrible end.”

# Acceptance

Adaption with the loss and finding a way to move forward.

*Example:* “I still miss them, but I can live with it.”



# Examples of the acceptance stage

**Breakup or divorce:** “At last, this was a healthy choice for me.”

**Job loss:** “I’ll be able to find a way forward from here and can start a new path.”

**Death of a loved one:** “I am many wonderful years with him, and he will stay in my memories.”

**Terminal illness diagnosis:** “Sure I get to do what I want in these final weeks and months.”

**THANKS**