

Exercise

In this exercise you will reflect on the cycles of grief that you and your spouse are experiencing.

Think about when this began for you. Timeline this in years (or months if it is that specific). Take into account all stages of grief including denial, anger, bargaining, depression and acceptance.

Remember that there isn't a fixed cycle. You can experience any of these feelings multiple times and in any order.

Here is an example time line. Complete one for you and one for your spouse.

Denial	Depression	Bargaining	Anger
Oct 2015	Dec 2015	March 2016	Presently

