



# Coping with Death



When someone close to us dies, we experience grief.



Grief is like the shadow of love.



Grief is what is left when someone we love is no longer here.



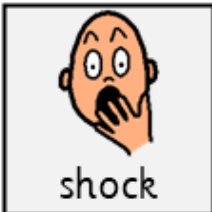
We still love the person,



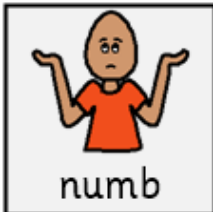
but we also experience other emotions when someone dies.



We may feel



shock



numb



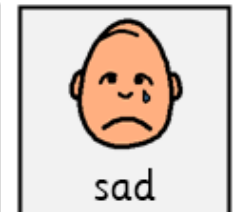
denial



pain



guilt



sad



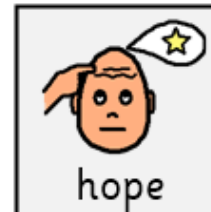
anger



depression



acceptance



hope



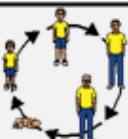
sentimental



something else



It is okay to feel these emotions.



This is called the grief process.

