Stages of Dying

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**Stages of Dying**

Elisabeth Kubler-Ross was the psychiatrist who developed the theory about the stages of grief that an individual may face after losing loved ones. The five stages include; Denial, anger, bargaining, depression, and acceptance (Bregman, 2017). However, these stages can be applied in any life area that is in personal life or professional life.

**Denial:**

Denial is the first stage in which individuals try to figure out what is actually happening in his life. What should he do, what he can do to avoid the issue? For instance, an individual comes to know that his car is damaged and needs repairing which he cannot afford.

**Anger:**

Anger is the second stage where the individual lost his control over the situation and show aggression. The emotions of frustration or aggression develops which sometimes make the situation worse. For instance, individual faces traffic jam which impacts the schedule of the whole day, such situation can develop the emotion of anger.

**Bargaining:**

 At this stage, people try to promise in hope of getting something in return. For instance, student bargains to the teacher to forgive for the last time and promise that next time they will submit their work on time. These kinds of promises lie under bargaining.

**Depression:**

 In this stage, individuals find difficult to cope with the issue. They show aggression, frustration but become unable to find the solution. Depression makes easy tasks more difficult. For instance, a person loses his job and unable to find a new one. Besides finding a job, there is nothing he can do which can make him depress (Stroebe, Schut, & Boerner, 2017).

**Acceptance:**

Individual tries to solve the issue if he gets the solution in early stage then it is not necessary that he comes to the last stage. For instance, student faces difficulty in assignment after showing anger, stress, and bargaining he somehow manages to complete it then there is no stage of acceptance. However, when an individual has no access to change the situation then he accepts the change with time.

**Response to Jaime:**

Yes, it is the last week and we have learned so much in the past few weeks. The point that you have raised that life stressors lead to the stages of dying. We have studied earlier that life events change our psychological development which implies that sudden changes or unexpected events can bring these stages of dying in our life. For instance, an individual gets arrested by the police and their parents thinks that their son is innocent. They, therefore, can face the stages of denial, anger, bargaining, and depression (Mahmood, 2006). However, if the son is arrested for the crime that he actually committed then parents will come to the stage of acceptance as there will be no other way to handle the situation. The factors discussed including living situation, loss of income, changes in your social life, or losing friends, and more are the events that run our life smoothly, therefore, any negative changes in these life pattern can bring the stages of dying or grief.

**Response to Katie:**

 All five headings are discussed in detail and with some good examples. However, what is these headings or stages and where they come from are not discussed in the starting. The introduction helps to understand what is being discussed in the paper. Besides this, the five stages of dying are well explained with daily life examples. In Daniel stage, example of divorce is so accurate. Breaking of relationship is like someone dying and leaving us forever. It brings the same emotions and experience that a dying person can bring. However, the individual does not misunderstand the emotional discomfort with frustration most of the time. It is actually an emotion of aggression which develops when someone has to face an unexpected situation. For instance, change in schedule due to traffic jam does not bring discomfort it actually develops the aggression for the people responsible for the cause (Tyrrell & Siddiqui, 2019). All other three stages that are bargaining, depression, and acceptance acquire example which is useful to understand the stages of dying in depth.

**References**

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