

HAIR LOSS GRIEF STAGES

WHAT YOU SHOULD KNOW ABOUT THE STAGES OF HAIR LOSS GRIEF

STAGE 5 : ACCEPTANCE

*"It's going to be OK."
"I can take control
and manage this."*

STAGE 1: DENIAL

*"This can't be
happening!"
"Hair loss is not a big
thing, there are worse
things I could have..."*

STAGE 4 : DEPRESSION

*"I'm so sad."
"What's the point?"
"I miss the way life was
before"*

**INDIVIDUALS MAY
EXPERIENCE THE GRIEF
STAGES IN DIFFERENT
ORDERS, OSCILLATE
BETWEEN THEM
AND/OR SKIP THEM
ENTIRELY**

STAGE 2 : ANGER

*"Why me??"
"It's not fair."
"How can this happen
to me?"
"Who is to blame?"*

STAGE 3 : BARGAIN

*"I'll do anything to get it
back!"
"It's not fair."
"If only I could have done
things differently"
"What if... "*

BASED ON
STAGES OF GRIEF BY
KÜBLER-ROSS MODEL

