

Table 16-1: Contemporary Theories of the Grieving Process

Bowlby (1961): Phases of Grief	Parkes (1974): Phases of Grief	Worden (1982): Tasks of Grief	Rando (1983): Grief Processes	Sanders (1989): Phases of Grief
Numbing	Disbelief	Accept the reality of the loss	Recognize the loss	Shock
Searching/yearning	Searching/yearning	Experience the pain of grief	React to the separation	Awareness of the loss
Disorganization/despair	Isolation/loneliness	Adjust to life without the deceased	Recollect/re-experience the deceased	Withdrawal
Reorganization/new life	Mitigation	Withdraw emotional energy and reinvest in life	Relinquish old attachments	Healing
	Reinvestment/new identity		Readjustment	Renewal
			Reinvestment	

Sources: References 6, 8, and 35.