Bereavement is what happens to you; grief is what you feel; mourning is what you do.

**The Whirlpool of Grief**

- **The River of Life**
- **The Waterfall of Bereavement**
  - Shock, numbness, denial
  - Severe disorganisation
  - 'All Washed Up' or 'Breakdown'
  - Loss and emotional disorganisation or falling apart
  - On the Rocks
  - Pain and physical symptoms
  - Mourning and acceptance of the reality of absence
  - Reorganisation and loving again