



THE 5 STAGES OF GRIEF

AND WHAT THEY REALLY MEAN

- 1 DENIAL**

Denial is a normal reaction to rationalize overwhelming emotions. It is a defense mechanism that buffers the immediate shock of loss.
- 2 ANGER**

As the numbing effects of the denial stage of grief begins to wear off, the pain of loss starts to firmly take hold as we search for blame, feel intense guilt, and lash out.
- 3 BARGAINING**

Bargaining is the "What if..." stage of grief and it serves an important purpose. It provides temporary escape from pain, provides hope, and gives a person time to adjust to the reality of the situation.
- 4 DEPRESSION**

This type of depression is not a sign of mental illness, it is the appropriate response to a great loss. You might experience intense sadness, decreased sleep, reduced appetite, and loss of motivation are common.
- 5 ACCEPTANCE**

Acceptance refers to accepting the reality of a loss and the fact that nothing can change that reality. This does NOT mean that the person is "okay" with the loss.

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Linear Heart

It is a composition of five crocheted rectangles, each hand embroidered depicting a connecting yet different aspect of love and its connotation with heartache.

All five compositions have the same rectangular base, as the same heart experiences all of these stages of emotion. I chose the techniques of crochet and embroidery because they are very hands on and link with the difficulty and duration of heartache.

I would like to utilise lines, both bending and straight, as well as words - though minimally. I would like to steer clear of iconic imagery and keep it relatively abstract. This will prevent the piece from becoming too obvious in its concept and give depth to an otherwise over-done subject.

