

*Dr. Elizabeth Kubler-Ross's Five Stages of Grief as applied to "Upon the Burning of Our House" by Anne Bradstreet*

After closely reading/listening to this poem, go back and decide: **how are Dr. Kubler-Ross's 5 Stages of Grief shown throughout the poem?**

Quote parts of the poem within the boxes below. Make sure you read the descriptions within each category. Remember, the more detailed, the better!

**Denial and Isolation:** At first, we tend to deny the loss has taken place, and may withdraw from our usual social contacts. This stage may last a few moments, or longer.

**Anger:** The grieving person may then be furious at the person who inflicted the hurt (even if he's dead), or at the world, for letting it happen. He may be angry with himself for letting the event take place, even if, realistically, nothing could have stopped it.

**Bargaining:** Now the grieving person may make bargains with God, asking, "If I do this, will you take away the loss?"

**Depression:** The person feels numb, although anger and sadness may remain underneath.

**Acceptance:** This is when the anger, sadness, and mourning having tapered off. The person simply accepts the reality of the loss.