

## **STAGES OF GRIEF** -

### **Native Americans have lost –**

Identity of historic culture (*from 562 tribes*), original language (*300 of the 2,000 remain*), 2.3 billion acres (*almost 4 million sq miles*) of land, 20 million ancestors over the last 400 years (*more than all U.S. war casualties and Hitler's genocide combined*), population of 20 million buffalo, gold, oil and trillions in potential revenue, Most of the Natural God given resources on the earth.

1. Admit **Many are stuck** in the Anger, bitterness, blame, grudge, punishment and will not get closure without processing it. (\* see the current state of affairs)
2. We can help by **Validating** the genocide, over 600 broken covenants, continued denial by government, etc.
3. We can **move forward** without sanctioning the past or present conditions.
4. We can **offer hope** through forgiveness.
5. We can **build vision** for the future success of every Native American person, family and tribe.

### **Native Americans do have, can have, or will gain these benefits –**

1. Dignity, Honor, respect
2. Spiritual freedom
3. Individual liberty, citizenship (part of the greatest nation)
4. modern technological advances

\* **Current state of affairs** = 5 million Native Americans in 2018.

Poverty on 326 reservations (aka POW camps), large percentage of alcohol and drug abuse, highest suicide rate, etc.

20 billion annually is spent from the US government on Indian affairs. Total National budget is 4.4 trillion. Reservations total a land mass of 56 million acres, 2% of the USA.

The five **stages**, denial, anger, bargaining, depression and acceptance are a part of the framework that makes up our learning to live with loss.

## 7 Stages of Grief

(Modified Kubler-Ross Model)

### Shock\*

- Initial paralysis at hearing the bad news.

### Denial

- Trying to avoid the inevitable.

### Anger

- Frustrated outpouring of bottled-up emotion.

### Bargaining

- Seeking in vain for a way out.

### Depression

- Final realization of the inevitable.

### Testing\*

- Seeking realistic solutions.

### Acceptance

- Finally finding the way forward.

\*This model is extended slightly from the original Kubler-Ross model, which does not explicitly include the Shock and Testing stages. These stages however are often useful to understand and to facilitate change.