

STAGES OF GRIEF IN KATHLEEN GLASGOW “HOW TO MAKE FRIENDS WITH THE DARK”

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Abstract

The grieving process, as described in the book "How to Make Friends with the Dark" by Kathleen Glasgow, has been investigated in this study. Following the loss of a loved one, those who grieve go through a natural process of mourning that can be summarized in the phrase "journey of grief." The researcher chose the sixth stage of grief theory from Kübler Ross and David Kessler to analyse the data in this study. This study examines the psychological state of the main character by using the theories of Kübler Ross and David Kessler through the novel "How to Make Friends with the Dark." The results are exploited by offering a detailed list of Tiger's developing relationship with darkness itself. The researcher examines and analyses the book to compile a list of Tiger's speeches as described therein. The six stages of grieving can be seen to correlate with each item on the list. As a result, the main characters in this book go through the stages of grieving in their own unique and distinctive way, which helps them reach the end of their journey—finding meaning. It shows that the main character in the novel experiences all six stages of grief, namely denial, anger, bargaining, depression, acceptance, and finding meaning. Initially, Tiger did not accept her mother's death. However, at the end of the story, she decides to move on and learn to make friends with her darkness.

Keywords: *Grief, Literature, Six Stages of Grief*

1. INTRODUCTION

In the course of regular life, a lot of different difficulties are unavoidable for most people. This condition has the potential to bring on feelings of anxiety in some people. People really need to get their heads around the fact that their life, like everyone else's, is essentially just a path. On this route, there is a test that everyone has to take in order to get to the bottom of who they are and how they got that way (Rudy et al., 2022). Unknowingly, this journey of self-discovery transforms into one of the most important objectives a person can pursue in their lifetime. Despite this, there aren't that many people who are aware of it. From this vantage point, it is possible to view the process of self-

discovery as an essential stage in the life of a human being.

The experience of losing a loved one is a deeply hard and emotionally charged phenomenon that significantly impacts the fundamental essence of human existence. The phenomenon in question is a pervasive characteristic of human experience, surpassing limitations imposed by culture, geography, and time. Some people believe that if death is not discussed, it will pass without the associated pain of losing a loved one (Salah et al., 2018). This can lead to an unresolved death by prolonging the grieving process. We all had to deal with death, grief, and mourning at some point. A situation, a relationship, or abuse can cause a

person's sadness. A loss can cause a person to experience the emotion of sadness. The experience of grief is excruciating on the inside and lasts for a very long time (Putry et al., 2021). The person who has suffered a loss will need time and effort to perform a more practical function. Grief can last for months or even years, depending on the person experiencing it and its intensity varies widely from person to person. Even though the loss of a loved one can be emotionally devastating, the unexpected death of a loved one can elicit more robust responses. There is less time to grieve and adjust to the loss.

Because of this event, Elisabeth Kübler-Ross decided to conduct a psychological study, which led to her book *'On Death and Dying'* published in 1969. In this book, she outlined the five typical stages of grief that people go through. The author researched the experience of dying by conducting interviews with people nearing the end of their lives and outlined the five stages of dying: denial, anger, bargaining, depression, and acceptance. However, On the other side, David Kessler, a specialist in mourning and writer with Elisabeth Kübler-Ross of the seminal work *'On Grief and Grieving,'* goes beyond the traditional five stages of grief to find six stages that he calls "finding hope."

In 2019, Kathleen Glasgow published a young-adult fiction story titled *'How to Make Friends with the Dark.'* In this book, the author invites the readers to survive with Tiger two weeks after her mother's death. This novel was chosen primarily with the criteria of showing the grieving process of the main character. Tiger or Grace is central to the plot. She is a sixteen-year-old girl trying to make it in the world. Tiger is in her senior year of high school and has a best friend named

Cake and an incredible mother who is both protective and adoring of her. Once upon a time, her mother called when Tiger had spent a long time with the person she liked. Tiger and her mother got into a phone argument, and Tiger had no idea it would be the last time she heard her mother's voice. Everything happened so fast that Tiger's life was forever altered (Glasgow, 2019). From this, it can be concluded how it feels to learn how to live without that guiding influence which is the mother figure, and this story fits perfectly with the theory of Kübler-Ross and David Kessler' *'The Stages of Grief'* because it tells how Tiger coped with the grief she faced after her mother's death.

Several other types of research have been done in the past that are relevant to this paper. Ellia (2020) discusses grief and mourning in Edwidge Danticat's young adult novel *"Untwine"* using the five stages of grief described by psychiatrist Elisabeth Kübler-Ross in *On Death and Dying* (1969) and, to a lesser extent, C.S. Lewis's *A Grief Observed* (1961), which so acutely reflected on grief. Danticat accepts death's persistent presence when reading Lewis. Danticat's young adult novels address loss, unlike others. This study found that Giselle has imagery for each Kübler-Ross stage: denial and isolation, anger, bargaining, despair, and acceptance. This is a wave—an immersive experience—not a straight journey from one state to another with a neatly tied knot at the end. Highs and lows, peaks and valleys, repetitions, and permanent residencies exist.

Madden (2023) traces the journey through grief and how it is a flexible entity that affords different reactions and experiences of grief within the liminal space by applying Kübler-theory Ross's of *The Five Stages of Grief* to a

reading of Anne Enright's 2007 novel *'The Gathering.'* The writer observes how viewings, travel planning, and funeral arrangements consume the first few days after a death. The Five Stages of Grief are used in a non-linear manner, allowing for a more nuanced situational narrative within the liminal space. In *'The Gathering,'* we follow Veronica Hegarty through her stages of grief following her younger brother's suicide and see how she chooses -for the most part- to cope in isolation. Veronica's liminal space allows her to process her grief through memory and the creation of an (imagined) biography of her grandmother. Enright's untrustworthy protagonist creates a bio-fictional past while dealing with a grim present. Grief is a personal journey, and resolution is not always guaranteed.

Sin (2022) used the Kübler-Ross stage of grief model to explore Naomi's grieving process in terms of the six stages of grief, including denial, anger, bargaining, sadness, acceptance, and finding meaning, before considering the implications for the ministry during the Covid-19 pandemic. The research demonstrated that Naomi's story reveals wrath and depression. Acceptance is implicit. There are no denial, bargaining, or meaning-making stages in Naomi's grieving. She continued to struggle with her sadness, despite being able to accept the new circumstances brought forth by Ruth's marriage to Boaz and Obed's birth.

Salah et al. (2018) examined the five phases of grieving by Kübler-Ross on various genders using characters and events from the films *"UP," "Baba Dook," "The Kite Runner," "Rabbit Hole," "Summer 1993,"* and *"Three Colors: Blue."* The study shows that death transforms, and grieving is unique. The study found that all movies depict at least two of the five grief

stages. However, "the stage of acceptance" is boosted by these movies' grieving characters' "acceptance" of their grief.

'The Grief of Rachel Watson in the girl on the train film' by Putri Pambayun & Asanti (2022) also uses the Kübler-Ross theory to analyze the psychological condition of the main character grieving and the language from the film's script. According to the research findings, Rachel passed through the five stages of mourning described by Kübler Ross. Denial, anger, bargaining, sadness, and acceptance are the stages. Rachel initially refused to accept her divorce from her ex-husband. However, she moved on with her life towards the story's conclusion.

This research has the potential to contribute to the enrichment of theory, particularly in the fields of literary studies, media studies, education, and other fields of study whose subject matter is pertinent to this research. As a result, it is anticipated that other researchers would utilize this study either as the primary reference or as a supporting reference. This study can also assist enhance people's knowledge about the notion of the sixth stage of grieving by disclosing significant values about self-discovery, which can be a lesson to learn. Additionally, this research can help increase people's knowledge about the sixth stage of sorrow from a practical point of view.

2. LITERATURE REVIEW

Compared to adults, children grieve differently. As their awareness of death and perspectives of the world evolve, they frequently experience grief in bursts and may re-experience it at subsequent developmental stages. According to Himebauch et al. (2008) the grief experienced as a child may

manifest as behavioral adjustments or emotional expression. The presence of one significant adult and providing a secure physical and emotional environment are the two most important predictors of a child's successful prognosis following a loss. Grief is a lengthy, intense, inwardly sad process (Putry et al., 2021). When someone who is mourning wants to perform a task more effectively, it takes a lot of time and energy to make it happen. Grief can continue for months or even years and varies in intensity from individual to person.

Elisabeth Kübler-Ross, a psychiatrist from Switzerland, arrived in the United States in 1958 and was shocked by how the hospital where she worked cared for patients who were nearing the end of their lives. She started a program at the University of Colorado for medical students in which he interviewed persons who were towards the end of their lives about their thoughts and feelings regarding death (Burns, 2020). Despite the ferocious resistance from her allies, there were soon only enough places for her to stand. The book *"On Death and Dying"* was written due to this interview and was published in 1969. She discusses how patients broach the subject of death and how individuals might improve end-of-life care. She and David Kessler introduced the stages of grieving in the classic *'On Grief and Grieving'* decades later, introducing them with the same transforming pragmatism and compassion.

Kessler now adds a crucial sixth stage based on his own difficult personal experiences and the information and expertise he has gained through decades of working with the mourning. A second book by Kessler is written in addition to *The Five Stages of Grief*. The search for meaning is the

sixth stage of mourning. The five stages of grieving, according to him, are not definitive. He adds that finding meaning is the final stage, crucial for the healing process. The grief will gradually become less intense in this sixth stage (Simon & Schuster, 2020). Even though mourning might never cease, this stage enables a person to transform their sorrow into something valuable and satisfying. People who can find meaning experience grief far more quickly than those who cannot; this is so that he or they can continue to develop and learn how to have a better life.

Kübler-Ross & David Kessler came up with the DABDAH grief model, which aims to assist people who are going through a period of mourning in recognizing their emotions and learning how to cope with their loss. When we lose someone, we care about, the Grief Stages are tools that can assist us in putting our feelings into context and recognizing them. Not everyone reads them; even fewer people read them in sequence. Grieving knowledge can start to emerge once we reach this stage, making us more prepared to deal with life and loss. The following is a list of the stages of grief according to Sin (2022):

a. Denial

The feeling that the loss is too much for him or her to handle constitutes denial, not the denial of the natural loss itself. This is the defense mechanism that the mind utilizes. This expresses the feelings of surprise and astonishment that the loss has occurred.

b. Anger

Anger is the feeling we get when we realize that someone, we care about is no longer with us. In order to go on to the next stage of healing, one must first experience

the stage of rage. Anger opens inner feelings. This rage can be directed toward us, others, and even God. Underneath the rage lies the agony of the loss that has been suffered.

c. Bargaining

During the bargaining stage, someone becomes caught in a maze of "if only..." or "what..." thoughts and thinks they could have handled the situation better. Additionally, it is accompanied by guilt.

d. Depression

During the depressive stage, an individual feels more emptiness, guilt, and melancholy than in previous stages. Someone thinks it is useless for them to continue living and engaging in certain activities.

e. Acceptance

The acceptance stage does not mean one is satisfied or content with what has occurred. It is coming to terms with the idea that this new reality will remain the norm.

f. Finding Meaning

Kessler claims the five grief stages are not final. He adds that finding purpose is crucial to healing. Grief will lessen in this sixth stage. This stage can turn mourning into something precious and satisfying. Finding purpose makes grieving easier; because they can evolve and find better ways to live.

Some of the individuals who examined her model erroneously assumed that this was the correct order and that everyone should go through all of the stages. However, she explains that the stages are not linear, and some individuals might not experience them. An individual may only go through two or three of the five stages (Wang &

Wang, 2021). As a result, this literature review is able to demonstrate that the gap in this research will be filled by the literature review of the sixth stage of grief.

3. RESEARCH METHOD

This study will employ a psychological approach in literary works focusing on the main character's minds and emotions. The sixth stage of grief is examined in the book "How to Make Friends with the Dark" through a textual analysis of the book's content. The researchers acquired a copy of Kathleen Glasgow's "How to Make Friends with the Dark," whether it is in print or digital form. This paper used Kübler-Ross & David Kessler's model of grief, which consisted of six stages—denial, anger, bargaining, depression, acceptance, and finding meaning—to investigate how long it took for Tiger Maria Tolliver, the main character in *'How to Make Friends with the Dark,'* to come to terms with the fact that her mother had passed away. According to (Nurhadi, 2019), readers can acquire a more profound comprehension of the narrative's complexities and complexities by delving into the psychological aspects of the characters. Because the novel 'How to Make Friends with the Dark' talks about Grace profound grief over the loss of her mother, the author of this analysis chose to approach the novel from a psychological perspective.

4. RESULT AND DISCUSSION

According to the findings that were discovered in the book "how to make friends with the dark," the main character goes through the sixth stage of grief: The protagonist of the book, Tiger Tolliver, may at first find it difficult to come to terms with the unexpected and tragic death of her mother in the earlier

chapters of the story. It's possible that she'll show symptoms of shock, numbness, and disbelief. This may take the form of her steadfast refusal to accept the reality that her mother has passed away.

As the plot develops, it's possible that Tiger will start to feel a great deal of rage and frustration. It's possible that she'll take her frustration out on a number of other people and things, such as her mother for abandoning her, the healthcare system, and even herself for being unable to avoid the loss.

When Tiger is feeling very vulnerable and hopeless, she may engage in some form of internal bargaining. It's possible that she will think about what she could have done better and try to make sense of the passing of her mother by having imaginary dialogues with herself or imagining hypothetical scenarios.

Tiger may make slow but steady progress toward acceptance by the time the story comes to a close, but this acceptance may be complicated or tinged with bitter sweetness; and finally She may begin to accept the truth of her mother's passing, realize that the grieving process is an ongoing one, and search for methods to carry her memories forward in a manner that is more beneficial to her mental and physical well-being.

4.1 Denial

Tiger's denial can be seen after Kai Henderson—her crush, tells Tiger about her mother's death at the hospital, which is in the "After" section. She went to the hospital and saw that her mother had died from a brain aneurysm (2019, p. 52). Tiger also denies what happened to her mother after smelling formalin from her mother's body. Other denial feelings come back when Tiger when she has to meet a woman named

Karen, who will take her to emergency foster. In addition to losing her mother, Tiger feels she has lost her nickname 'Tiger' because Karen refers to her as Grace—Tiger's first name (2019, p.48). In her heart, Tiger shed her cries in the hospital and whispered the exact words, "This can't be happening, this can't be happening, this can't be happening, this can't be happening" (2019, p.52). Furthermore, Karen is coming to rip her from one life to the next. In chapter 5 of the book, Tiger describes her life when she wakes up and learns that her mother has died and some feelings she felt before leaving her old home for the orphanage. She looked back at the dress bought by the mother; it was neatly displayed with a hanger, and Tiger decided to wear it.

From this, we can analyze that Tiger adores her mother, even though she is very strict with her. She is frustrated and heartbroken due to her mother's untimely death. It is not easy to live without a mother as a child. So that's why Tiger regretted her last conversation with her mother before negating her, which was the very hurtful words, "*Why can't you ever just fucking leave me alone?*" (2019, p. 52). According to Putri Pambayun & Asanti (2022), When someone is going through the mourning process, one of the first stages that they go through is denial. A person who has recently suffered the death of a loved one may experience a state of shock that causes her to deny or reject a fact or reality that exists in her life. This is why in the story, Tiger decided to wear the dress that her mother bought before the sudden incident. Tiger imagined that if she wore the dress, she could return her mother to herself and hold her in the girl's arms again. Tiger is suddenly acting even more evasive about the fact that her mother is gone because she also

has difficulties with trusting someone she just met, Karen.

4.2 Anger

Tiger's anger stage was seen three days, 10 hours, and 9 minutes after his mother left. After Tiger lives in an orphanage in Arizona, she intends to send a message to Cake as she does not know what to do in her new place. Cake, who received a message from Tiger, immediately replied that he was worried about Tiger's condition because the message he sent yesterday was not answered. Cake also asked Tiger how his current place of residence was, and Tiger answered soberly. After pleasantries Cake questioned Tiger's current condition; Tiger, who read it, became angry. As can be seen from the following quotation:

My heart surges with anger. How can I be, okay? There isn't any okay anymore. What a stupid question. I almost type that, but I stop myself, and feel guilty, and take a deep breath, then, just:
NO. I'M NOT. REMEMBER??
Right. Sorry. I'm sorry!
(2019, p.101)

Tiger's anger was again felt when LaLa -the orphanage helper- played Eastern songs, usually played when meditating or getting massages. The song was supposed to be soothing, but for Tiger, it made him furious and sad, which resulted in him turning off the music on LaLa's iPods (2019, p.105). When Tiger and Karen were sitting in Karen's car in the funeral home parking lot, Karen once said that it was time for them to see Tiger's mom, and she also confronted Tiger saying that it was going to be okay because her friends and her mother friends will be there. Nevertheless, Tiger gets angry and says

that she is sick of the words, 'it will be okay'; Karen calms her down, but Tiger thinks it is stupid (2019, p.116). When Tiger entered the funeral home, Cake came up to him and hugged him tightly. At that time, Cake was wearing a black lacy dress with a black scarf around her neck and red barrettes in her hair. Seeing that Tiger felt a flash of anger because the clothes looked like party clothes (2019, p.117).

Tiger's rage is conveyed in the quote that was just read. It was demonstrated through her thinking, which pointed the finger at Cake. According to Fitriyani et al. (2021), an individual reaches the angry stage when they cannot contain the sensation of denial, leading to anger, hate, envy, and hatred. Getting through this stage is challenging for family members and other close friends. This is because the anger people feel is communicated to their surroundings in various ways and at unpredictable times. So, this is why when a person is angry, they are quick to assign blame. It is clear from Cake's and LaLa remarks, which inquire that the appearance of rage is prompted by Tiger's regret over her past, which is the trigger. The statements that she is not paying attention and judging every action she takes are manifestations of her carelessness and blaming that is harming his life right now. As a result, she came to regret and blame everything that had occurred in the past. She also concluded that other people did not comprehend the condition she was going through.

4.3 Bargaining

Tiger's bargaining stage was seen 22 hours, 5 minutes after her mother died. When Tiger first got to the orphanage, his roommates were Kendra and Lisa. Also in the orphanage was

Lisa. When evening arrived, Tiger complained of feeling sick, so Kendra hurried him to the toilet so he could throw up the milk he had consumed earlier in the day. While Kendra was using a tissue to clean the milk left on Tiger's face, she also washed her clothes. Tiger is taken aback when he asks her if she is confident that she will sleep in an old black dress, which causes her to reflect on how her late mother dealt with her. As can be seen from the following quotation:

I stagger past her, dizzy and sick. If my mom were here, she'd make me bouillon to drink and crispy toast. Tuck the red wool blanket around my whole body. Like a burrito, she'd say, and smile (2019, p.83).

The third stage of grief is bargaining. According to Pambayun et al.1 (2022), someone will negotiate or bargain with the situation at this stage. She hopes that the same incident will not happen again or that there was an error (guilty) in what happened. Every failure, choice, and decision she has made triggers her anger and bargaining stage. At this point, she will demand the impossible to reunite with the person who has passed away. The statement provides evidence that this is possible if she could recall what she did.

There are a lot of things we never really talked about. Like Heaven. Or death. Like, what happens after. What if she's somewhere...and she's scared? Alone? I saw a movie once and the ghosts were everywhere among the living, watching them from trees, looking into their grocery carts in the market. But

the living never felt them (2019, p.83).

In this case, Tiger wants to rewind when she makes her mistake. She is not successful in rescuing the relationship she has with her mother. It is clear from the above remark that Tiger was never prepared for the possibility that the person she loved the most would one day disappear forever. However, it is also stated that her biological father left Tiger when she was a child without any explanation (2019, p.66). The death of Tiger's mother is the most critical factor that contributed to her entering the grieving process and bargaining stage. It is signed with the word if as it is mentioned by Ross (1969), that one of the characteristics of the bargaining stage comes from the griever's hypothesis.

4.4 Depression

Tiger's bargaining stage was seen 3 days, 10 hours, 9 minutes after her mother died. In the story Tiger then bought the mother's casket; along with Roda— Cake's mother and LaLa. Slowly the two women and the coffin shop owner explained what kind of procedures or alternatives were used so that Tiger could still see 'the mother'. But Tiger, who at that time was still digesting all the events, suddenly became more overwhelmed and thought of many scenarios in her head; like where her mother was when Tiger was choosing a coffin or what happened when her mother was in the coffin she would choose.

"She's overwhelmed," murmurs LaLa (2019, p.109).

The stage of dealing with loss that is hardest to navigate is depression (Dowd, 2004). A more profound sense

of suffering will be experienced by a person. However, According to Widyaningtyas & Andayani, n.d. once a person reaches this point, they are well on their way to accepting reality and moving on with their lives without the deceased loved one. The above quote shows that Tiger is no longer in denial about the reality of his mother's death. Not that this event is included in the stage of denial. This is because, in the quote above, there is no act of denial that appears in Tiger's action. She was trying to start accepting his life by accepting the painful reality so that's why he was overwhelmed. The act of remembering in this quote shows that she still cannot move on from the sadness, grief, and painful events that made her in the grieving process. From LaLa's words, Tiger was already very depressed and tired because her feelings were still mixed.

LaLa holds your hair, just like your mother did when you were sick, but she isn't the same, she can't be the same, nothing will ever be the same, because wherever you go? (2019, p.113).

According to Wang and Wang (2021), mourners who are experiencing this depression stage report feeling numb about everything. Insomnia, lack of appetite, and even attempts at suicide are some of the extra mental and physical side effects that can be brought on by depression. So, it can be concluded that those who are suffering are aware that the circumstances cannot be altered, even though they may try to negotiate with God through prayer or use the phrase "what if" to inspire hope in them. As a result, individuals experience feelings of hopelessness and depression. From the quotation, LaLa, one of the orphanage mothers, stayed

with Tiger. LaLa's presence in Tiger's life helps him fight his loneliness after such a huge loss. LaLa is one of the social supporters for Tiger. Although social support plays an important and distinctive role in shaping a person's feelings of loneliness, they are not shaped exclusively by the quantity or quality of a person's social support network.

4.5 Acceptance

Twenty-seven days and 16 hours after her mother's passing, Tiger was seen in her acceptance stage. In the story, Tiger visits the farm with her friends Mae-Lynn, Alif, and Tarin; there, she meets a horse named "Opal," The two of them spend the following day learning to ride. Without realizing it, Tiger lost balance and collapsed, her head nearly being struck by a rock. When Mae-Lynn arrived at the inn, she noticed the wounds Tiger had sustained. She became irate, and a brief dispute followed until Mae-Lynn's remarks set Tiger off. Long, brief narrative When Tiger encountered Mae-Lynn, she realized that this was the first time she had traveled without her mother. Mae-Lynn was sitting on the edge of the pool. As demonstrated by the quotation that follows:

I take a running start and when my body slices through the water, I feel as free as I did all those years ago in The Pit, my body weightless and ignorant of the pain to come (2019, p.339).

According to Sin (2022), a person starts moving forward and establishing lasting relationships during acceptance. People cannot begin to live again until they have given grief its proper time. Tiger finally gave this "acceptance" and hope some additional support by

claiming that she began to feel emancipated and unaware of the anguish ahead. However, it might be argued that she 'deliberately' wished to hurt herself in the scenario. Tiger's character can already be ascribed to her sadness at this point. Acceptance does not mean that everything is fine or okay with what happened. It means that you accept that this new world is here to stay. Tiger had come to terms with the fact that her mother had passed away, and now she must decide how to proceed with Shayna.

4.6 Finding Meaning

The 'now' part shows how to determine the Tiger's meaning. In the narrative, Tiger is in the crypt of the Church of the Lady of Guadalupe with 26 other individuals. *"What would you say to your loved ones, if you had one more chance, just one?"* the meeting's chairman, Felice, said. (2019, p.406). After Felice posed her query, several people started to cry while others hid their faces behind cardboard coffee or tea mugs. Tiger just expressed her desire for her mother to stay with her in her heart. Alice begged her to jot down his feelings since she refrained from saying it to the audience. Tiger eventually left her previous school, starting afresh and living a new life. She eventually became friends with her darkness. As demonstrated by the quotation that follows:

I feel like I was one girl before my mother died, and another girl after, and now, at the end of this story, still another girl, crawling out of the jar, but keeping her wings close. There's so much I wish I didn't have to know about living (2019, p.411).

According to Sin (2022), Kessler says the five steps of grief are not the end of the story. He adds one more step that is very important to the mending process: finding out what happened. In this sixth stage, the intensity of the sadness will lessen over time. Even though someone may never get over their despair, this stage will help them turn it into something valuable and satisfying. Most of the time, it's easier to get over a loss if you can figure out what it means. This is because they can continue to learn and grow and find ways to live a better life. Kessler's remark makes it easier for us to comprehend Tiger's situation.

The researcher contends that due to Tiger's tragic passing, she was still grieving. She was forced to remain silent while she accepted her new, better status. She resisted the need to cry. Due to her attitude, we cannot hold her guilty. Every loss leaves its own distinct and individual impact. Although she could accept her condition, each person would have a different experience with the loss and the pain that comes with it. Someone is experiencing the loss and its sorrow alone. All losses are terrible, regardless of how big or minor they appear when compared. Comparisons are only sometimes applicable since losses are so unique. Tiger has nevertheless managed to get along with her darkness and move on with her sister.

5. CONCLUSION

In conclusion, it can be inferred that all the sixth stage appears when the main character is in grieving process. Those stages are denial, depression, bargaining, depression, acceptance, and finding meaning. At the last scenes, when she finally found out that finally school in a new place, living happily with her sister—Shayna and accepting

friendship with her darkness. To continue with the criticism of the Kübler -Ross phases of grieving that were presented previously, only some pass through all six stages of grief, and they do not necessarily need to occur in the same order. These findings suggest that people can help identify ways to let go of their loved ones and keep with the fact that the described feelings are generic. Further research can be done using the Kübler-Ross & David Kessler's 'stages of grief' which can be used to explore future grief novel/film.

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