

# The Five Stages of Grief: After You're Gone

Karyssa Nelson



1 Loss

Grand Piano

Musical score for Grand Piano, measures 1-3. The piece is in 6/8 time. The right hand plays a continuous eighth-note melody, while the left hand provides a simple harmonic accompaniment with chords.

4

Pno.

Musical score for Pno., measures 4-7. The right hand continues the eighth-note melody, and the left hand has a few chords and a short melodic phrase at the end of measure 7.

8

Pno.

Musical score for Pno., measures 8-12. The right hand continues the eighth-note melody. The left hand has a long melodic line starting in measure 9. A 'rit.' (ritardando) marking is present in measure 10, with a dashed line extending to measure 12.

13 Stage 1: Denial Stage 2: Anger

Pno.

Musical score for Pno., measures 13-18. This section is divided into 'Stage 1: Denial' (measures 13-15) and 'Stage 2: Anger' (measures 16-18). The right hand has a more complex, syncopated melody. The left hand features a rhythmic accompaniment of chords. Dynamics include 'v.' (piano) and 'vol.' (crescendo).

19

Pno.

Musical score for Pno., measures 19-23. The right hand has a melodic line with some grace notes. The left hand continues with a rhythmic accompaniment of chords. Dynamics include 'v.' and 'p.' (piano).

24

Pno.

Stage 3: Bargaining

30

Pno.

36

Pno.

41

Stage 4: Depression

Pno.

47

Stage 5: Acceptance

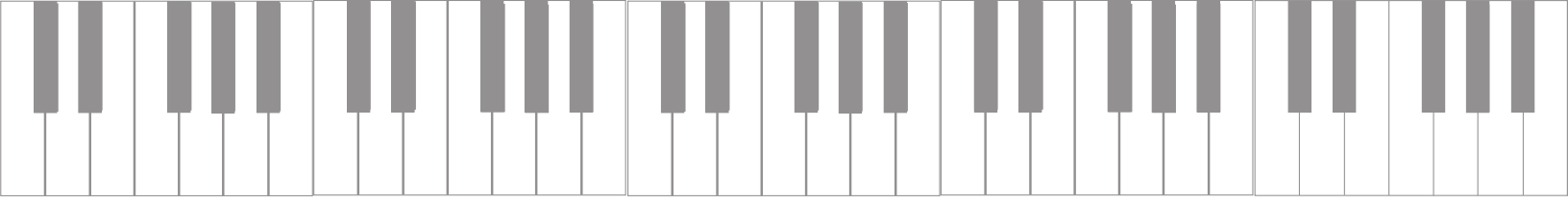
Pno.

53

Pno.

61

Pno.



*Denial. Anger. Bargaining. Depression. Acceptance.*

This piece is meant to guide the listener on a journey through the five stages of grief following loss. Just like true grief, this piece is not meant to be entirely linear despite the labels of each stage in the sheet music. For instance, you may find aspects of denial bleeding into the anger stage. In life, the pace, length, and order of the stages may be different for every person and in every situation.

Although I did add my own voice to this otherwise instrumental music, I chose not to add lyrics to convey the universal emotional experience that music allows us to express even without words. Loss may come in many forms, but in this piece, the repetitive theme slowing to a stop at the beginning signifies a loved one who is passing, and although their theme resurfaces throughout the piece in the different stages, it can only be heard in its original form once acceptance is reached.



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