
EUROPE'S 5 STAGES OF GRIEF

-

30.12.2025

Politico (30 December 2025)

Ivo Daalder

Denial, anger, bargaining, depression and acceptance.

Since U.S. President Donald Trumps return to the White House, Europe has slowly but steadily moved through the five stages of grief, taking an entire year to finally reach acceptance over the loss of the transatlantic relationship.

Now, the question for 2026 is whether the bloc has the will and strength to turn this acceptance into real action.

[Click for more](#)

Kaynak/Source: