

TYPES OF GRIEF – (David Kessler, 2021)

Delayed - Grief that we don't feel in the moment because it's not safe or we're in survival mode.

Disenfranchised - Any grief we judge or minimize.

Ambiguous - Grief that's hard to see.

Inconclusive - There is no physical body to grieve. There is hope. It breeds conspiracy theories.

Complicated - When painful emotions of loss don't improve with time and are so severe that you have trouble resuming and or creating your life.

Collective and Public -When we grieve as a group an event or public figure.

Traumatic - Combines trauma with bereavement or grief responses.

Masked - Grief that is presented in another way and the resulting feeling is actually a response to grief.

Anticipatory - The grief that comes before a death.

Cumulative - When someone experiences multiple losses during a short period and or unattended grief that builds up.

Secondary Loss - The other losses that accompany grief in addition to the primary emotional response.

These are just a handful of types of grief that you will come across. Our grief is as unique as our fingerprint.