

GRIEF TYPES

Just as the grief journey is unique to each of us, there are also numerous types of grief. Below are some of the most common types mourners experience.

NORMAL GRIEF

This is what's considered a normal reaction to a loss event.

ANTICIPATORY GRIEF

Grieving an anticipated death before it occurs, common when a loved one is dying from a terminal illness.

TRAUMATIC GRIEF

Experiencing a sudden and unexpected loss; common when one has witnessed the actual death event.

COMPLICATED GRIEF

A grief reaction that occurs when one fails to work through their loss, continually experiencing extreme distress with no progress towards feeling better and no improvement in day-to-day functioning.

CUMULATIVE GRIEF

Experiencing a second loss while still grieving a prior loss. Also known as **grief overload**.

DELAYED GRIEF

Reacting much later to a death than is typical due to initial avoidance of the loss and emotional pain.

MASKED GRIEF

A reaction that impairs normal functioning without the individual recognizing that the behaviors are related to the loss. Symptoms are often masked as either physical symptoms or other maladaptive behaviors.

DISENFRANCHISED GRIEF

A rejection of one's mourning by their culture, family, social or work environment. The grief and suffering are disqualified by those around the mourner.

ABSENT GRIEF

Reacting to a major loss by blocking one's feelings as though it never happened. The individual shows no reaction at all and fails to give it importance in his or her life.

ANSWER THE FOLLOWING QUESTION

Without judging yourself, what kind of grief do you believe you're experiencing?
