

DIFFERENT TYPES OF GRIEF

A framework for describing emotional and psychological responses to significant loss or change.

GRIEF

Grief refers to the emotional response and reaction to a loss. It is a natural and personal process that involves a range of emotions such as sadness, anger, guilt, and confusion.



LOSS

Loss refers to the experience of being deprived of someone or something significant. It can be the result of death, divorce, job loss, or any major life change that leads to a sense of absence or emptiness.

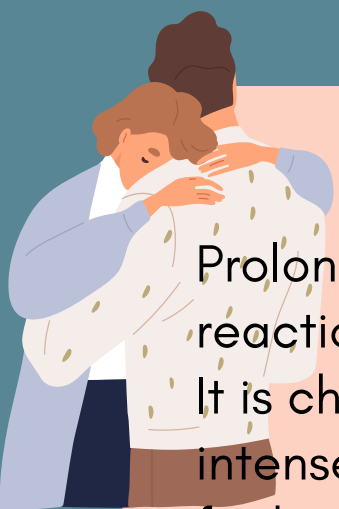


COMPLICATED GRIEF

Complicated grief, also known as prolonged grief disorder, is a type of grief that persists for an extended period and is accompanied by intense and prolonged symptoms. It involves difficulty accepting the loss, excessive rumination about the deceased, and a significant impairment in daily functioning.

PROLONGED GRIEF

Prolonged grief refers to a prolonged and intense grief reaction that extends beyond the normal grieving period. It is characterized by persistent feelings of emptiness, intense longing for the deceased, and a difficulty in finding joy or meaning in life.



BEREAVEMENT

Bereavement specifically refers to the state of being deprived of a loved one through death. It is the period of mourning and adjustment that follows the death of a loved one.