



Understanding Extended Grief

Extended grief is a type of grief that lasts longer than usual and is associated with intense feelings of sadness, emptiness, and loss. It can last for months or even years and can significantly affect a person's daily life.

Normal grief, on the other hand, is a natural response to loss and typically lasts for a few months. It involves feelings of sadness, anger, guilt, and despair, but these emotions gradually lessen over time.

The difference between normal and extended grief lies in the severity and duration of the symptoms. Extended grief is often accompanied by feelings of hopelessness, low self-esteem, and a sense of purposelessness.

There are several potential causes of extended grief, including:

- Traumatic loss
- Childhood experiences
- Lack of social support

It's important to seek help, www.growingstagestherapy.com if you or someone you know is experiencing extended grief, as it can lead to depression, anxiety, and other mental health issues. We hope this handout provides helpful insights into the topic of extended grief. Remember, it's okay to grieve, and seeking support is a sign of strength.

*This non-clinical educational material aims to provide insights into this topic.