

THE LEVELS OF GRIEF



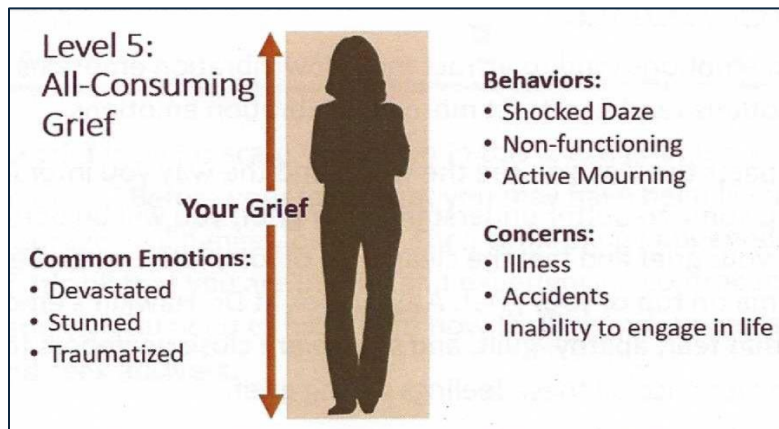
Grief changes quality over time.

In the beginning, you feel completely consumed by grief.

As time progresses, the intensity lessens.

The 5 levels of grief are illustrated below, including the common emotions and behaviors associated with that level of grief.

The concerns represent what to look out for – it is important to address these concerns and warning signs.



Level 5 is the all-consuming grief that envelops you in the early days of grief.

During this time of intense pain and shock you may find it exceedingly difficult to engage in life in any meaningful way.



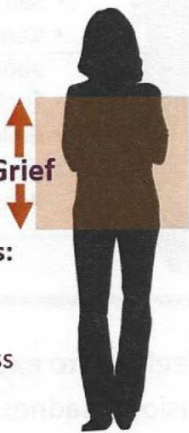
Level 4, Deep Grief, is characterized by confusion and deep sorrow.

As with Level 5, illness and accidents are a concern.

You may isolate due to the exhaustion of working through your grief.

Level 3: Functional Grief

Your Grief



Common Emotions:

- Depression
- Anger
- Intense Loneliness

Behaviors:

- Isolation
- Pretend You Are OK
- Angry Outbursts

Concerns:

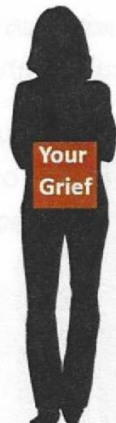
- Long-term Depression
- Damage Relationships
- Not Getting Needed Support

In Level 3, Functional Grief, you may experience depression, anger, and intense loneliness.

In time, and without the needed support, you may develop long-term depression or damaged relationships because of anger and isolation.

Level 2: Hidden Grief

Your Grief



Common Emotions:

- Shame
- Anger
- Fear

Behaviors:

- Loss of Interest
- Lingering Anger
- No Desire to Socialize

Concerns:

- Prolonged Anger
- Victim Mentality
- Hopelessness

In Level 2, Hidden Grief, you hide your grief from your friends and family to feel more accepted.

You may even hide your grief from yourself.

This may erupt into prolonged anger or feelings of hopelessness.

Level 1: Resolved Grief

Common Emotions:

- Happiness
- Purpose
- Occasional sadness

Behaviors:

- Hobbies/Interests
- Self Care
- Comfortable Talking about Your Loss
- Social
- Build Relationships
- Live a Full Life with a Full Range of Emotions

Level 1, Resolved Grief, allows you to feel free to experience happiness and purpose.

While you still may feel occasional sadness, the quality of the sadness has changed and you are able to fully participate in hobbies, personal relationships, and feel a full range of emotions.