**Types of Grief**

**Understanding Helps Us Get Through It**

No two people grieve a loss in exactly the same way. Grief can even be experienced when a family member is still physically alive but in a state of cognitive decline due to Alzheimer's disease or dementia.

**Ambiguous Loss**
Ambiguous loss can be categorized into two types of loss: physical or psychological. Physical loss and psychological loss differ in terms of what is being grieved for, generally the loss of the physical body or the psychological mind.



 **Disenfranchised Grief**

Disenfranchised grief is when there has been a loss and others don’t recognize the depth of the relationship that existed. It could be the loss of a:

* Friend
* Ex-spouse
* Partner/lover
* Co-worker
* Client/Therapist/Patient
* Caregiver
* Teacher/Coach
* Celebrity
* Health care workers that you no longer see

 **Anticipatory Grief**

The following are common signs of Anticipatory grief that one may feel, although it’s perfectly normal to experience just a few or all of them.

* Forgetfulness
* Fatigue
* Emotional Numbness
* Fear
* Guilt
* Depression
* Anxiety
* Anger
* Sadness or quick to cry
* Loneliness