EVOLV coaching



GRIEF DEFINITIONS

Grief INTERNAL - emotional expression and internal experience of loss (how you feel, what's going on inside of you): it can also have physical, cognitive, behavioural, social, cultural, spiritual, and philosophical dimensions

Mourning EXTERNAL - outward expression of grief; what others see you doing / how you are acting; cultural expression of grief (i.e., funerals, wearing black, covering mirrors)

Bereavement TIME - refers to a period of time of grief and mourning after a loss; what businesses normally focus on

Anticipatory Grief INTERNAL - the distress a person may feel in the days, months or even years before the death of a loved one or other impending loss; also referred to as anticipatory loss or preparatory grief

Disenfranchised Grief INTERNAL - feelings of loss that other people don't understand and that we don't feel "entitled" to have; sense that "other people have it much worse"; our grief doesn't feel "legitimate"

Compounded Grief INTERNAL - build up of grief events over time creating a pressure-cooker of emotions; can be over a short period of time or over a lifetime; also called cumulative grief

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