



Blocks to Healthy Grieving

1. **Not recognizing that a change has taken place.**
2. **Not accepting that a loss has occurred.**
3. **Not expecting to mourn a loss that was other than death, i.e. dreams and hopes, divorce, loss of promotion or significant relationship, bodily injury, empty nest.**
4. **Lack of visible grieving can complicate underlying grief, i.e., anger, rejection, and guilt.**
5. **Shame from loss with a social stigma, i.e., abortion, suicide, SIDS, gang-related death, racial incident, drug overdose.**
6. **Objection to the acknowledgment of grief by significant other.**
7. **Residual pain from previous losses which were never satisfactorily resolved.**
8. **Desire not to upset others involved may lead to repressed or suppressed feelings.**
9. **Gender or cultural expectations can hinder the normal expressions of feelings.**
10. **Grief is trivialized.**

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