THE GRIEF LOOP
(AN IMAGE FOR UNDERSTANDING GRIEF)

Guilt or special days or remembering can pull us back into another grief loop

Each time we experience another feeling of grief, it becomes less intense than the initial feelings. (Birthdays, holidays, etc.)

Anything can happen in the initial loop – any one feeling or any combinations of feelings can occur; and any previously unresolved grief or loss in our lives may be triggered.

There are breaks in the grieving process, and the intensity weakens. Each loop may experience feeling of grief.