

The Impact of Who You Lost & How You Lost Them

Let's first examine *relationship factors*.

- How long was your relationship with the person you lost?
- How deeply entwined were your lives?
- Would you categorize the relationship as intimate or distant?
- Was the relationship mostly positive or negative?
- Were there unresolved relational issues?

The second major factor that influences your grief journey pertains to *the circumstances around your loved one's death*.

- Was your loved one's death sudden and unexpected? Or was it predictable due to a long term illness or advanced age?
- Do you attribute your loved one's death to some type of negligence? Or was your loved one a sensible and healthy person who lived intentionally and cautiously?
- Do you think your loved one died at "too early" an age? Or did she/he enjoy a long, satisfying and meaningful life?
- Were you able to say "good-bye" in person? Or were you prevented by distance or some other factor?

Another major factor in determining the trajectory of your grief journey are the practical implications related to the loss of your loved one.

- What if you suddenly became a single parent with seemingly endless responsibilities?
- Did your loss leave you with financial stability or precarious financial straits?
- Are you surrounded by caring friends and family or a complete lack of human support?
- Are you struggling with complex problems to solve or a relatively stable situation?
- Do you have your own health care challenges? Or are you generally healthy