

# Complicated Grief (Prolonged Grief Disorder)

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A Gentle Guide from The Good Grief Healing Center

### What is Complicated Grief?

Complicated grief, also called Prolonged Grief Disorder, is when intense grief lasts longer than expected and begins to interfere with daily life. It can feel like you are stuck in sorrow, unable to move forward or re-engage with life.

This is not about "grieving too long." There is no deadline for healing. But complicated grief often includes persistent yearning, deep emotional pain, or difficulty accepting the loss well beyond the first year.

### Signs of Complicated Grief:

- Feeling that life has no meaning without the person
- Avoiding reminders of the loss or obsessively replaying memories
- Difficulty trusting others or feeling disconnected from the world
- Constant feelings of numbness, guilt, or self-blame
- Struggling to function in work, relationships, or daily routines

### What Causes Complicated Grief?

- A sudden or traumatic loss
- Multiple losses within a short period
- Lack of support or validation
- A deeply dependent or identity-defining relationship

## **Complicated Grief (Prolonged Grief Disorder)**

- A history of anxiety, depression, or trauma

This type of grief is not your fault.

Its not weakness. Its your heart signaling it needs deeper care.

How to Support Healing:

- Consider grief counseling or therapy with someone trained in loss
- Establish gentle routines and grounding practices
- Connect with others who get it support groups help reduce isolation
- Try expressive healing (writing, art, movement)

Reflection Prompt:

Whats one small step you can take toward reconnecting with life without letting go of love?

You can hold on and move forward at the same time.

There is help. There is hope.

The Good Grief Healing Center