



## GRIEF FACTORS

Listed below are factors that can make your journey through grief more difficult. Please take a few moments to review them.

- ☞ There are other current problems in your life.
- ☞ You feel your loved one's death was preventable
- ☞ You feel isolated from family and friends.
- ☞ You cared for your loved one over a long period of time.
- ☞ You were very dependent on your loved one.
- ☞ You have struggled with alcohol and/or drug problems.
- ☞ You have a lot of anger and/or guilt feelings
- ☞ You have prior losses that have been difficult.
- ☞ You have strong feelings of wanting to hurt yourself and/or others.
- ☞ You just experienced the death of a child.
- ☞ You have had emotional problems or past suicide attempts.
- ☞ You do not have any hobbies or outside interests.
- ☞ There were problems in your relationship with the deceased.
- ☞ You have had difficulties coping with problems in the past.
- ☞ There are children in the home
- ☞ It was a difficult death or a sudden death.

If you experience one or more of these factors, you may want to seek counseling.

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