

# What Can Make Grief More Difficult?



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There are some situations that can make it more difficult to work through grief. If you have experienced any of these, please consider letting a professional assist you in recovering from your loss.

- Traumatic death - homicide, suicide, sudden or unexpected death
- Death of a child
- Multiple losses – other deaths within the year, a divorce, a move, children leaving home, other major caregiving responsibilities, financial issues
- Limited support system – few friends, family
- Spiritual isolation – feeling that life has no meaning
- History of mental illness or substance abuse
- Prolonged caregiving role – especially when with person who had dementia or a very prolonged chronic disease or disability
- Past history of multiple losses
- History of troubled relationship or issues left unresolved, with the deceased.

