



### Submodule 1.1 - Definition and types of grief (loss of a loved one, divorce, job loss, etc.)

Grief is a natural and complex process that occurs in response to a significant loss. It could be the loss of a loved one, a divorce, job loss, a change in circumstance or any other event that disrupts our emotional balance and daily life. Grief is a unique and personal experience that varies from individual to individual depending on factors such as, the nature of the loss, personality, culture, and social support.

The loss of a loved one is often considered one of the most difficult forms of grief to go through. Whether it's a parent, spouse, child, close friend, or even a pet, the death of a loved one can provoke profound sadness, a sense of emptiness and question our identity and place in the world. For instance, the loss of a parent can confront us with our own mortality and lead us to re-evaluate our priorities and values.

Divorce or the end of a romantic relationship is another form of grief that can be particularly painful. Even though the person is still alive, the end of a relationship involves the loss of a companion, a confidant, and a shared life project. The grieving of a relationship can be accompanied by feelings of rejection, guilt, anger, and fear of the future. It's important to remember that grieving a relationship is a normal process and it takes time to heal and rebuild one's life.

The loss of a job or a change in professional circumstance can also trigger a grief process. Our job is often closely tied to our identity, our sense of usefulness, and our financial stability. Therefore, the loss of a job can shake our self-confidence, our self-esteem, and our view of the future. It's essential to remember that the loss of a job does not define our worth as a person, and it's possible to bounce back and find new opportunities.

Other types of losses can also trigger a grieving process, like a move, change in family situation, loss of a dream or life project, or a chronic health issue. Each loss is unique and can have a different impact on our emotional well-being and life balance. For instance, the diagnosis of a chronic illness can lead us to grieve for our health and adapt our lifestyle accordingly.

It's important to recognize that grief isn't a linear process with a set duration. Every person experiences their grief at their own pace and in their own way. Some people might feel the need to talk about their loss, while others prefer to withdraw and deal with their grief privately. There's no "right" or "wrong" way to grieve, the crucial thing is to allow oneself to feel one's emotions and find coping strategies that are suitable for us.

As a GRIEF COACH, our role is to support grieving individuals through their journey, by offering a compassionate and safe space for them to express their emotions and explore their loss. We help them to identify internal and external resources, develop coping strategies and find meaning in their lives. By recognizing the variety of types of grief and adapting our approach to each situation, we can offer personalized and effective support to grieving individuals.

Points to remember:

1. Grief is a natural and complex process that occurs in response to a significant loss, such as the loss of a loved one, a divorce, job loss, or a change in circumstance.
2. Every grief experience is unique and personal, influenced by factors such as the nature of the loss, personality, culture, and social support.
3. The loss of a loved one is often considered one of the most difficult forms of grief to go through, creating profound sadness, a sense of emptiness, and questioning of our identity.
4. Divorce or the end of a romantic relationship can be particularly painful, involving the loss of a companion, a confidant, and a shared life project.
5. The loss of a job can shake our self-confidence, self-esteem, and our outlook of the future, but it's important to remember this doesn't define our worth as a person.
6. Other types of losses, like a move, change in family situation, loss of a dream or a chronic health issue, can also trigger a grieving process.
7. Grief isn't a linear process with a set duration, and each person experiences it at their own pace and in their own way.

8. As a GRIEF COACH, our role is to provide a compassionate and safe space to support grieving individuals on their journey, by assisting them to identify their resources and develop coping strategies.