

Grief and Loss Wheel: Navigating the Healing Process

Grief is defined as a deep sadness or emotional distress following a significant loss, which may include the death of a loved one, the end of a relationship, or the loss of employment. The "Grief Wheel" represents the non-linear journey of healing, acknowledging that emotions often cycle rather than progress in a straight line

The Emotional Cycle of grief

Category	Associated Emotions
Delayed Grief	Avoidant of change
Acute Grief	Sadness, Loneliness, Despair, Anger, Fear, Scared, Mad, Confusion, Numbness, Relief
Complicated Grief	Life stands still, acute symptoms accompany everyday life events
Integrated (Reinvestment)	Love, Happiness, Hope

Core Dimensions of Loss

To understand the wheel, it is helpful to identify the specific facets of grief being experienced. These often overlap and resurface at different times. Progressing toward integrated grief requires an individual to navigate and process their secondary losses.

Secondary Losses examples:

- **Loss of Person or Pet:** The physical absence of a companion.
- **Loss of Future Plans:** The grieving of expectations and dreams for the future.
- **Loss of Identity:** Grieving the person you were in the context of that specific relationship.

Grief & Loss Wheel

Grief is something one experiences after any major change in life. This can be a loss of job, person, marriage, friendship ect....

Types of Grief

