

Possible Distinctions Between Depressive Grief and Clinical Depression

Normal Grief	Clinical Depression
<p>Responds to comfort and support</p> <p>Often openly angry.</p> <p>Relates depressed feelings to loss experienced</p> <p>Can still experience moments of enjoyment in life</p> <p>Exhibits feelings of sadness and emptiness</p> <p>May have transient physical complaints</p> <p>Expresses guilt over some specific aspect of the loss</p> <p>Has temporary impact upon self-esteem</p>	<p>Does not accept support</p> <p>Irritable and may complain but does not directly express anger</p> <p>Does not relate experiences to a particular life event</p> <p>Exhibits an all pervading sense of doom</p> <p>Projects a sense of hopelessness and chronic emptiness</p> <p>Has chronic physical complaints</p> <p>Has generalized feelings of guilt</p> <p>Loss of self-esteem is of greater duration</p>

Source: Wolfelt, A.D., (1988) *Death and Grief: A Guide For Clergy*, Accelerated Development, Inc. Publishers, 3400 Kilgore Avenue, Muncie, Indiana 47304 (317-284-7511).
(Permission to use granted by author).