



## 250 CAUSES OF GRIEF

This is certainly no exhaustive list of the causes of grief. There can be as many unique causes of grief as there are people in the world. Your grief may not be prompted by any one of these things. Or it may be a combination of several.

The purpose of this list is to share just some of the countless life experiences that may prompt feelings of grief – yours or anyone's. Whatever its cause, grief is a response to losing something that is loved. Feelings of love and loss are universal emotions felt by all. Whatever brought you here, please know that you are not alone.

Check each box that you feel applies to you. There is no number of checked boxes that means you should or should not explore Hope and Healing Grief. This list is simply here to prompt thoughtful reflection.

### A

- 1. Abandonment ☐
- 2. Abuse of trust ☐
- 3. Addiction relapse ☐
- 4. Adult child estrangement ☐
- 5. Aging ☐
- 6. Alzheimer's disease ☐
- 7. Amputation ☐
- 8. Arrest ☐
- 9. Argument that ends a friendship ☐
- 10. Autism diagnosis in a loved one ☐

### B

- 11. Bankruptcy ☐
- 12. Betrayal ☐
- 13. Birth injury ☐
- 14. Body image changes ☐
- 15. Breakup ☐
- 16. Broken engagement ☐
- 17. Bullying ☐
- 18. Burnout ☐
- 19. Business failure ☐
- 20. Burial without closure ☐

### C

- 21. Car accident ☐
- 22. Career loss ☐
- 23. Change in faith ☐
- 24. Cheating partner ☐

- 25. Child leaving home ☐
- 26. Childhood trauma ☐
- 27. Chronic illness ☐
- 28. Classmate's death ☐
- 29. Closed adoption ☐
- 30. Community violence ☐

### D

- 31. Death of a child ☐
- 32. Death of a pet ☐
- 33. Death of a sibling ☐
- 34. Death of a spouse or partner ☐
- 35. Death of a parent ☐
- 36. Demotion ☐
- 37. Dementia in a loved one ☐
- 38. Deportation ☐
- 39. Divorce ☐
- 40. Dreams unfulfilled ☐

### E

- 41. Economic hardship ☐
- 42. Empty nest ☐
- 43. End of friendship ☐
- 44. Estrangement from family ☐
- 45. Eviction ☐
- 46. Exile ☐
- 47. Expectation not met ☐
- 48. Exposure of secret ☐
- 49. Extended hospitalization ☐

- 50. Eye injury or blindness ☐

### F

- 51. Failure in school ☐
- 52. Faith crisis ☐
- 53. Family conflict ☐
- 54. Fertility struggles ☐
- 55. Financial loss ☐
- 56. Fire or disaster ☐
- 57. Foreclosure ☐
- 58. Forced retirement ☐
- 59. Forgotten anniversary ☐
- 60. Friendship betrayal ☐

### G

- 61. Gender discrimination ☐
- 62. Giving up a dream ☐
- 63. Graduation without family support ☐
- 64. Grandparent's death ☐
- 65. Grief anniversary ☐
- 66. Group rejection ☐
- 67. Guilt ☐
- 68. Gun violence ☐
- 69. Gut illness ☐
- 70. Guardian loss ☐

### H

- 71. Health decline ☐
- 72. Heartbreak ☐
- 73. Home destroyed ☐



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- 74. Homelessness ☐
- 75. Hopelessness ☐
- 76. Hospitalization of a loved one ☐
- 77. Household breakdown ☐
- 78. Hurtful words ☐
- 79. Hysterectomy or infertility surgery ☐
- 80. Hometown changed beyond recognition ☐

### I

- 81. Identity crisis ☐
- 82. Immigration challenges ☐
- 83. Impaired mobility ☐
- 84. Infidelity ☐
- 85. Infertility ☐
- 86. Injury ☐
- 87. Injustice ☐
- 88. Insecurity ☐
- 89. Isolation ☐
- 90. IVF failure ☐

### J

- 91. Job loss ☐
- 92. Jail sentence of a loved one ☐
- 93. Jealousy within family ☐
- 94. Judgment from the community ☐
- 95. Jury duty trauma ☐
- 96. Justice denied ☐
- 97. Juvenile detention experience ☐
- 98. Joy lost ☐
- 99. Journey cut short ☐
- 100. Joint pain or arthritis ☐

### K

- 101. Kidnapping of a loved one ☐
- 102. Kindness withheld ☐

- 103. Killed dream ☐
- 104. Knowledge of betrayal ☐
- 105. Knife violence ☐
- 106. Knowing someone's suffering ☐
- 107. Kicked out of home ☐
- 108. Kindergarten separation ☐
- 109. Kinsman's death ☐
- 110. Kindness unreturned ☐

### L

- 111. Layoff ☐
- 112. Learning disability ☐
- 113. Leaving a religion ☐
- 114. Loss of appetite ☐
- 115. Loss of beauty ☐
- 116. Loss of belief ☐
- 117. Loss of career path ☐
- 118. Loss of community ☐
- 119. Loss of confidence ☐
- 120. Loss of control ☐

### M

- 121. Marriage ending ☐
- 122. Miscarriage ☐
- 123. Mental illness ☐
- 124. Memory loss ☐
- 125. Menopause ☐
- 126. Military deployment ☐
- 127. Missing person ☐
- 128. Moving away ☐
- 129. Murder of a loved one ☐
- 130. Musical ability lost ☐

### N

- 131. Natural disaster ☐
- 132. Neglect ☐
- 133. Nervous breakdown ☐
- 134. New diagnosis ☐
- 135. Non-acceptance from peers ☐

- 136. Nontraditional grief ☐
- 137. Nostalgia ☐
- 138. Not being believed ☐
- 139. Not fitting in ☐
- 140. Not having children ☐

### O

- 141. Occupational injury ☐
- 142. Old age ☐
- 143. Opportunity missed ☐
- 144. Organ failure ☐
- 145. Overdose death ☐
- 146. Overwork ☐
- 147. Overwhelming change ☐
- 148. Ownership loss ☐
- 149. Outgrowing relationships ☐

### P

- 150. Parental neglect ☐
- 151. Partner's addiction ☐
- 152. Pet's disappearance ☐
- 153. Physical assault ☐
- 154. Pregnancy loss ☐
- 155. Premature death ☐
- 156. Prison ☐
- 157. Professional failure ☐
- 158. Public humiliation ☐
- 159. Purpose lost ☐

### Q

- 160. Quarrel ☐
- 161. Quarantine isolation ☐
- 162. Queer identity rejection ☐
- 163. Quest abandoned ☐
- 164. Quiet home after children leave ☐
- 165. Quitting a dream ☐
- 166. Quitting a job unwillingly ☐



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- 167. Quitting therapy too soon ☐
- 168. Quota-based rejection ☐
- 169. Questioning one's faith ☐

### R

- 170. Racism ☐
- 171. Rejection ☐
- 172. Relapse ☐
- 173. Relationship breakdown ☐
- 174. Relocation ☐
- 175. Retirement ☐
- 176. Robbery ☐
- 177. Ruined reputation ☐
- 178. Runaway child ☐
- 179. Ruptured family ties ☐

### S

- 180. School failure ☐
- 181. Self-esteem loss ☐
- 182. Separation ☐
- 183. Sexual assault ☐
- 184. Shame ☐
- 185. Shift in identity ☐
- 186. Sibling rivalry ☐
- 187. Silence after conflict ☐
- 188. Social isolation ☐
- 189. Suicide of a loved one ☐

### T

- 190. Terminal illness ☐
- 191. Theft ☐
- 192. Time lost ☐
- 193. Traumatic birth ☐
- 194. Traumatic memory ☐
- 195. Tricked ☐
- 196. Trust broken ☐
- 197. Tumor diagnosis ☐
- 198. Turning point unmet ☐

- 199. Tyranny or oppression ☐

### U

- 200. Unanswered prayer ☐
- 201. Unemployment ☐
- 202. Unfinished education ☐
- 203. Unfulfilled purpose ☐
- 204. Unhealthy relationship ☐
- 205. Unintended pregnancy ☐
- 206. Unjust firing ☐
- 207. Unkind words ☐
- 208. Unmet expectation ☐
- 209. Unrecognized talent ☐

### V

- 210. Vacation canceled ☐
- 211. Vanishing friend ☐
- 212. Verbal abuse ☐
- 213. Victimization ☐
- 214. Violence ☐
- 215. Vision loss ☐
- 216. Volunteering burnout ☐
- 217. Vow broken ☐
- 218. Vulnerability exposed ☐
- 219. Veteran trauma ☐

### W

- 220. War ☐
- 221. Weight gain ☐
- 222. Widowhood ☐
- 223. Wildfire destruction ☐
- 224. Willfulness ☐
- 225. Withdrawal from loved ones ☐
- 226. Workplace bullying ☐
- 227. Wrongful conviction ☐
- 228. Worry about future ☐

- 229. Worship lost ☐
- 230. Writing block ☐

### X

- 231. Xenophobia experienced ☐
- 232. X-ray revealing bad news ☐
- 233. X-chromosome-linked illness ☐
- 234. Xmas without family ☐
- 235. Ex-partner's new relationship ☐

### Y

- 236. Yearning for the past ☐
- 237. Yellowing of old photos ☐
- 238. Youth lost ☐
- 239. Youthful idealism shattered ☐
- 240. Younger sibling surpassing you ☐

### Z

- 241. Zero energy after loss ☐
- 242. Zero forgiveness received ☐
- 243. Zoning change destroying a neighborhood ☐
- 244. Zoom fatigue and isolation ☐
- 245. Zeal for life lacking ☐
- 246. Zebra diagnosis (rare disease) ☐
- 247. Zealous belief lost ☐
- 248. Zigzag path of recovery ☐
- 249. Zipper accident leaving a scar ☐
- 250. Zone of comfort gone ☐