



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 <input type="checkbox"/> | 25. Child leaving home <input type="checkbox"/> | 50. Eye injury or blindness <input type="checkbox"/> |
| 2. Abuse of trust <input type="checkbox"/> | 26. Childhood trauma <input type="checkbox"/> | |
| 3. Addiction relapse <input type="checkbox"/> | 27. Chronic illness <input type="checkbox"/> | |
| 4. Adult child estrangement <input type="checkbox"/> | 28. Classmate's death <input type="checkbox"/> | |
| 5. Aging <input type="checkbox"/> | 29. Closed adoption <input type="checkbox"/> | |
| 6. Alzheimer's disease <input type="checkbox"/> | 30. Community violence <input type="checkbox"/> | |
| 7. Amputation <input type="checkbox"/> | D | |
| 8. Arrest <input type="checkbox"/> | 31. Death of a child <input type="checkbox"/> | 51. Failure in school <input type="checkbox"/> |
| 9. Argument that ends a friendship <input type="checkbox"/> | 32. Death of a pet <input type="checkbox"/> | 52. Faith crisis <input type="checkbox"/> |
| 10. Autism diagnosis in a loved one <input type="checkbox"/> | 33. Death of a sibling <input type="checkbox"/> | 53. Family conflict <input type="checkbox"/> |
| B | 34. Death of a spouse or partner <input type="checkbox"/> | 54. Fertility struggles <input type="checkbox"/> |
| 11. Bankruptcy <input type="checkbox"/> | 35. Death of a parent <input type="checkbox"/> | 55. Financial loss <input type="checkbox"/> |
| 12. Betrayal <input type="checkbox"/> | 36. Demotion <input type="checkbox"/> | 56. Fire or disaster <input type="checkbox"/> |
| 13. Birth injury <input type="checkbox"/> | 37. Dementia in a loved one <input type="checkbox"/> | 57. Foreclosure <input type="checkbox"/> |
| 14. Body image changes <input type="checkbox"/> | | 58. Forced retirement <input type="checkbox"/> |
| 15. Breakup <input type="checkbox"/> | 38. Deportation <input type="checkbox"/> | 59. Forgotten anniversary <input type="checkbox"/> |
| 16. Broken engagement <input type="checkbox"/> | 39. Divorce <input type="checkbox"/> | 60. Friendship betrayal <input type="checkbox"/> |
| 17. Bullying <input type="checkbox"/> | 40. Dreams unfulfilled <input type="checkbox"/> | G |
| 18. Burnout <input type="checkbox"/> | E | 61. Gender discrimination <input type="checkbox"/> |
| 19. Business failure <input type="checkbox"/> | 41. Economic hardship <input type="checkbox"/> | |
| 20. Burial without closure <input type="checkbox"/> | 42. Empty nest <input type="checkbox"/> | 62. Giving up a dream <input type="checkbox"/> |
| C | 43. End of friendship <input type="checkbox"/> | 63. Graduation without family support <input type="checkbox"/> |
| 21. Car accident <input type="checkbox"/> | 44. Estrangement from family <input type="checkbox"/> | 64. Grandparent's death <input type="checkbox"/> |
| 22. Career loss <input type="checkbox"/> | 45. Eviction <input type="checkbox"/> | 65. Grief anniversary <input type="checkbox"/> |
| 23. Change in faith <input type="checkbox"/> | 46. Exile <input type="checkbox"/> | 66. Group rejection <input type="checkbox"/> |
| 24. Cheating partner <input type="checkbox"/> | 47. Expectation not met <input type="checkbox"/> | 67. Guilt <input type="checkbox"/> |
| | 48. Exposure of secret <input type="checkbox"/> | 68. Gun violence <input type="checkbox"/> |
| | 49. Extended hospitalization <input type="checkbox"/> | 69. Gut illness <input type="checkbox"/> |
| | | 70. Guardian loss <input type="checkbox"/> |
| | | H |
| | | 71. Health decline <input type="checkbox"/> |
| | | 72. Heartbreak <input type="checkbox"/> |
| | | 73. Home destroyed <input type="checkbox"/> |



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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