STONE KING

Grieving process following separation

How can I grieve for someone that is still alive?

You don't have to lose someone to death to grieve them.

Separation triggers grief, due to losing:

- Routine
- Daily contact
- Intimacy

Grief is non-linear and as such you may go through different stages of the cycle at different times.

How factors affect the grieving cycle:

1. Duration of the relationship
2. Which party initiated the separation
3. Circumstances of the separation e.g. adultery

Top tips to assist someone finding themselves in the grieving cycle:

1. Listen e.g. be a shoulder to cry on
2. Provide comfort e.g. emotional or physical
3. Show compassion e.g. small gestures
4. Show empathy e.g. validation

SK25-09