Grieving Styles

Just as there are different types of grief, there are also different styles of grief. Some people experience grief immediately and others may have a delay in experiencing grief. It is not uncommon for individuals with PWS to have a delayed grieving process; thus, it is important to be aware of emotional or behavioral changes as signs they may be experiencing delayed grief. Remember, grief is not a linear process, is not confined by a specific time period, and not defined in any clear terms.

Everyone Grieves Differently

It can be challenging to understand why your significant other may be engrossed in work or physical activity while you are emotionally distraught. This is likely because you each have different personal grieving styles. There are two main styles of grieving that are important to be aware of.

- **Intuitive grievers** are those that tend to be more emotional and focused on dealing directly with the emotional pain. Intuitive grievers tend to have strong affective reactions or waves of powerful emotions. Processing and moving forward for intuitive grievers involve exploring and expressing feelings, progressing through the pain in order to heal.

- **Instrumental grievers tend** to process loss in a more cognitive manner or by immersing themselves in activities; needing to do something and explain the loss. These individuals tend to be more thinkers than they feelers. They tend to process quietly with less expression of emotions. They may also express their grief though physical means, such as building a memorial, investing energy in raising awareness, fixing things around the house.

Knowing your personal grieving style is important in helping to provide the right support and tools to help with the healing process.

If you need additional support or someone to talk to, PWSA | USA is always here. Call us at (941) 312-0400 or email info@pwsausa.org.