# Other kinds of loss

Not all grief follows a death.

We grieve whenever we lose something we were attached to. Many of these losses go unrecognised by other people, which can leave you feeling you have no right to be so upset. You do.

**Relationships**
Separation, divorce, a friendship ending, falling out with family.

**Health**
A diagnosis, chronic illness or pain, losing abilities, a change in how your body looks or works.

**The future you expected**
Infertility, miscarriage, not having the family, career or life you pictured.

**Work and role**
Redundancy, retirement, children leaving home, no longer being needed in the same way.

**Home and belonging**
Moving, emigrating, losing a community or a place.

**Someone who is still here**
A loved one changed by dementia, addiction or brain injury. They are present and also gone.

**Safety and trust**
After trauma, betrayal or abuse.

**A pet**
Often a daily companion for years.

## Why these can be harder

- There is no funeral and no cards. Other people may not see it as a loss at all.
- There may be no clear ending, so the grief cannot settle.
- You may be told to look on the bright side.
- You may tell yourself the same.

## What helps

1. Name it as a loss. "I am grieving this."
2. Let yourself feel it, without ranking it against other people's troubles.
3. Tell someone who will take it seriously.
4. Mark it in some way: write about it, plant something, hold your own small ritual.
5. In time, ask what still matters to you, and how you might carry that forward.

**A loss of mine that has not been fully recognised**

**What I would want someone to understand about it**

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.