

GRIEF vs DEPRESSION

Grief

- Self-worth intact
- Guilt related to outcome
- Emotional pain is experienced as related to loss
- Variable restrictions of pleasure
- Preoccupation w/deceased
- Some fluctuations of mood; able to respond to social support
- May express desire to be with deceased, but suicidal intent, pain or gestures are very rare
- The world looks poor and empty (Freud)

Depression

- Diminished self-worth
- Guilt related to inadequacy
- Emotional pain is experienced as meaningless
- Persistent restrictions of pleasure
- Preoccupation w/self
- Consistent low mood; with little respond to social support
- Suicidal ideation is not uncommon and is related to hopelessness about future.
- The person feels poor and empty (Freud)