

Living Through Loss Counselling Society of B.C.

Grief and Depression

Feeling	Grief	Depression
<u>Mood States</u>	<p>Greater range of moods and feelings</p> <p>Quick shifts from sadness to normal state in the same day</p> <p>Variability in mood, activity, communication, appetite, sexual interest in the same week.</p>	<p>Moods & feelings are more static, little variability</p> <p>Consistent sense of depletion, psychomotor retardation, anorexia, decreased sexual interest</p> <p>Or</p> <p>Compulsive communication, eating sexual behaviour.</p>
Expression of Anger	Open, external directed	Absence of externally directed anger, internally directed.
Expression of Sadness	Weeping	Difficulty weeping or controlling weeping.
Self-Concept	<p>Guilt associated with specific aspects of the loss</p> <p>Experience the world as empty</p> <p>Preoccupation with the loss</p>	<p>The loss confirms they are bad or worthless</p> <p>Focus on punitive thoughts, guilt had global aspect</p> <p>Preoccupation with self</p>
Responsiveness	<p>Periodic</p> <p>Want solitude but respond to warmth and involvement</p>	<p>Static</p> <p>Fear being alone or unresponsiveness to others.</p>
Pleasure	<p>Restricted for a time after the loss</p> <p>Retain sense of humour</p>	<p>Restrict all pleasure</p> <p>Loss of sense of humour</p>
Reaction of Others	Others want to offer support	<p>Others often feel irritated</p> <p>Rarely feel like reaching out</p>

Differences Between Grief and Depression, Adapted from S. Fleming.

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