

# *Possible Distinctions Between Depressive Grief & Clinical Depression*

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## **Normal Grief**

Responds to comfort & support

Often openly angry

Relates depressed feelings to loss experienced

Can still experience moments of enjoyment in life

Exhibits feelings of sadness and emptiness

May have transient physical complaints

Expresses guilt over some specific aspect of the loss

Has temporary impact upon self-esteem

## **Clinical Depression**

Does not accept support

Irritable and may complain but does not directly express anger

Does not relate experiences to a particular life event

Exhibits an all prevailing sense of doom

Projects a sense of hopelessness and chronic emptiness

Has chronic physical complaints

Has generalized feelings of guilt

Loss of self-esteem is of greater duration