

Grief and
bereavement

Disenfranchised grief



- What is grief?
- What is disenfranchised grief?
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What are

grief and bereavement?

Bereavement is..

Bereavement is the period of time when we have lost someone or something important to us

Grief is..

Grief is a response to bereavement. Everyone experiences grief differently, though it is commonly associated with feelings of sadness, despair, anger, or denial

Grief can also affect us physically; for example, we may find a change in our eating habits or sleeping patterns. These reactions are common and normal

Types of grief..

There are many different types of grief

Some of the more commonly recognised forms of grief include **anticipatory grief**, disenfranchised grief or ambiguous grief

But there are other types as well, such as parasocial grief, or special interest grief

What is

disenfranchised grief?

Disenfranchised grief happens when grief is not acknowledged, supported, or recognised by others. For example, grieving for a person we've divorced, or loss of a baby through miscarriage or abortion.

Many of us have subconscious ideas about what grief 'should' look like. Any grief that doesn't align with these ideas might become unsupported by other people, or not be recognised.

This can make our grief journey harder, as we may feel ignored or alone.



How can it affect us?



Disenfranchised grief can affect us just like any other type of grief. However, we may find it harder to find support.

It can feel isolating to have your grief misunderstood, or not deemed 'socially acceptable'. It can make us feel invalidated, and make us keep our feelings to ourselves.

It's important to know that **all grief is valid.**

Some examples of

disenfranchised grief

Some LGBTQIA+ people report feeling as though they need to hide their grief when a partner dies. Sometimes, they may be excluded from planning the funeral – especially if their relationship was a secret due to fear of stigma.

Losing a body part can also lead to disenfranchised grief. This might be our grief about the loss of the part itself, or a loss of ability without that part.

This might include people who have limb amputations, mastectomies, orchidectomies, or other surgeries that change the body.

More information

Mind

<https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/>

Marie Curie

<https://www.mariecurie.org.uk/information/grief/stages-of-grief>

Cruse

<https://www.cruse.org.uk/understanding-grief/>

Sue Ryder

<https://www.sueryder.org/grief-support/about-bereavement-and-grief/stages-of-grief/>

This leaflet was researched and created by Charley Whitehurst, supervised by Teign Angels. Charley has been on a work placement with us from September to December 2025.