

GRIEF

Generalized reaction is SADNESS
Grief reactions stand alone

Grief reactions are generally known to the public and the professional

In grief, most can generally talk about what happened

In grief, pain is the acknowledgement of the loss

In grief, anger is generally non-destructive and non-assaultive

In grief, guilt says "I wish I would / would not have ..."

Grief generally does not attack nor "disfigure" our self image

In grief, dreams tend to be of the deceased

Grief generally does not involve trauma reactions like flash backs, startle reactions hypervigilance, numbing, etc.

TRAUMA

Generalized reaction is TERROR
Trauma reactions generally include Grief reactions

Trauma responses especially in children are largely unknown to the public and often professionals

In trauma, most do not want to talk about what happened

In trauma, pain triggers tremendous terror and an overwhelming sense of powerlessness and loss of safety

In trauma, anger often becomes assaultive even after non-violent trauma

Trauma guilt says, "It was my fault. I could have prevented it" and "It should have been me instead."

Trauma generally attacks, distorts, and "disfigures" our self image

In trauma, dreams are about self as potential victim

Trauma involves grief reactions in addition to trauma-specific reactions we have discussed