

Different Ways We Grieve

Grief does not look the same for everyone. Some people process grief by talking and sharing emotions openly, while others process internally through reflection, activity, routine, or problem-solving. Neither way is wrong — they are simply different ways humans cope with loss.

This conversation explores:

- Introverted vs. extroverted grieving tendencies
- Intuitive vs. instrumental grief styles
- How understanding these differences can improve communication, relationships, and self-compassion

Brief Overview

People with more **introverted** tendencies may:

- Need quiet and solitude to process emotions
- Feel overwhelmed by too much social interaction
- Prefer journaling, reflection, art, music, reading, or one-on-one conversations
- Take longer to share feelings out loud

People with more **extroverted** tendencies may:

- Need connection and conversation to process grief
- Feel comforted by support groups and shared experiences
- Process emotions verbally and in real time
- Seek community, activity, or social support during difficult moments

Intuitive grievers often process grief through emotions and expression, such as:

- Crying
- Talking
- Sharing memories
- Emotional reflection

Instrumental grievers often process grief through action and thinking, such as:

- Staying busy
- Researching or organizing
- Creating routines or projects
- Problem-solving or helping others

Many people are a mix of both styles, and grief styles can change over time.



Discussion Questions

- What helps you feel most supported when grieving?
- Do you tend to process internally or externally?
- Have you ever felt misunderstood because of how you grieve?
- How have differences in grief styles affected your relationships?
- What coping strategies have worked best for you personally?

Closing Reflection

Understanding grief styles can help us offer ourselves — and others — more compassion. Different expressions of grief do not mean someone loved less or hurts less. There is no single “correct” way to grieve.

“Grief is deeply personal, and healing often begins when we stop judging how it looks.”

Inspired by a recent episode from [What’s Your Grief?](#) discussing grief processing styles and coping approaches.