



## GRIEVING RELATIONAL TRAUMA

### When Loss and Pain Are Intertwined

Grief after relational trauma can feel complicated. You may be mourning someone who hurt you, grieving a relationship that never felt safe, or feeling the ache of what was never truly there. Whether the loss is recent or long-standing, it can stir deep emotional currents—confusion, sadness, anger, even relief.

You are not alone in this.

### What Is Relational Trauma?

Relational trauma happens when those we depended on—especially caregivers or close partners—were sources of harm, neglect, or emotional instability. It can include:

- Emotional abuse or manipulation
- Chronic invalidation or criticism
- Abandonment or inconsistent caregiving
- Feeling unseen, unheard, or unsafe in close relationships

When these relationships end—through death, separation, or estrangement – the grief can be layered and complex

### Common Experiences of Grief After Relational Trauma

You might be feeling:

- Sadness for what was lost—and what was never truly there
- Anger or guilt that feels hard to express
- Confusion about how to mourn someone who caused pain
- Relief mixed with shame or fear
- Longing for repair, closure, or understanding
- A sense of emotional disorientation or numbness

This kind of grief often goes unspoken. But it's valid. And it deserves care.

### How Counselling Can Help

Counselling offers a space to explore grief without judgment or pressure to "forgive and forget." It's a place to:

- Honour your experience in all its complexity
- Make sense of conflicting emotions
- Reconnect with your own needs, boundaries, and identity
- Work through patterns shaped by past relationships
- Build emotional safety and self-compassion



ListnHeal.Me  
c o u n s e l l i n g

Using trauma-informed approaches, I support you in gently unpacking the impact of relational trauma—emotionally and somatically. Together, we can explore how grief shows up in your body, your relationships, and your sense of self.

You Don't Have to Grieve Alone

Grieving relational trauma is not about rewriting the past—it's about reclaiming your present. Whether you're mourning a parent, partner, or someone else who shaped your life, counselling can help you find clarity, healing, and connection.

You deserve support that honours your story.

