



Recommended Resources for Video: Understanding Ambiguous Loss

Overview: Ambiguous or sometimes called Vicarious Loss may currently best be explained by our response to the recent pandemic. While each of us experienced the pandemic, not everyone had the same living or emotional experience with it. Another example is an unexpected loss, leaving it difficult to grieve. Someone you love with an addiction or mental health condition may be changed and it's hard to understand the loss of the previous relationship.

Ambiguous Loss is when there is loss without closure or sometimes understanding. We know we feel differently, may be more cautious, less trusting, fearful, and show distraction and behavioral differences. Often, naming the differences and growing self-awareness is key to processing such a period of time.

Resources for Ambiguous Loss:

<https://www.ambiguousloss.com/>

<https://www.choosingtherapy.com/ambiguous-loss/>

<https://www.joincake.com/blog/ambiguous-loss/>

<https://www.psycom.net/ambiguous-loss>

<https://psychcentral.com/health/ambiguous-grief>

<https://www.ncfr.org/resources/resource-collections/ambiguous-loss-resources>

<https://ambiguousloss.com/about/>

Proprietary Recommended Resource List by VeteranCaregiver, a division of WiseHealth, Inc. May be shared with attribution and all resources should be researched by the user for individual benefit. All rights reserved.