

Guilt After a Loss Overview

Guilt is a common and normal part of the grieving process that happens after you lose someone you love.

Why Guilt Happens

- **The "Could-Haves":** You might replay things in your head, wishing you had done more, called more, or acted differently.

[Area Agency on Aging of Western Arkansas](#) +1

- **Unfinished Business:** Most users on agree that guilt happens because death ends a relationship, making it impossible to ask for or receive forgiveness.

[Reddit·r/GriefSupport](#)

- **Relief and Happiness:** You might feel guilty for feeling a sense of relief after a hard caregiving period, or for laughing and feeling happy again later.

[Facebook·GriefShare](#) +2

- **Survival:** You might wonder why you are still alive when your loved one is gone.

[YouTube·Mending Piece by Piece - Grief with Linda Falasco](#)

How to Cope with Guilt

- **Practice Self-Compassion:** Treat yourself with the same kindness you would offer to a good friend.
- **Challenge the Blame:** Recognize the illusion that you had total control over life and death.
- **Write a Letter:** Put your regrets and feelings into a written note to your loved one to help the heavy burden rest.
- **Seek Support:** Talk to a counselor or join a grief support group if the feelings become too heavy to carry alone.

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If you'd like, let me know:

- Is the guilt tied to **caregiving**, a **sudden loss**, or **regrets** from your past relationship?
- **How long ago** did your loved one pass away?