

## DEATH VS. DIVORCE

### DEATH

socially accepted

visibly final – grave

can mourn most anywhere

structure and ritual to handle death – funeral

mourning period expected

build up positive memory  
collection of deceased parent

can speak freely of dead parent

extended family support

non-judgmental implications

feeling of abandonment, anger,  
can be reprocessed in finite time

### DIVORCE

not accepted

never final

cannot mourn even at home,  
produces anxiety

no structure or ritual

mourning period not acknowledged

buildup but reality interferes

cannot speak freely

extended family is divided

judgmental implications

long term baggage, carried  
indefinitely