



Mette Hvied Lauesen

The 11 markers of unresolved childhood grief

How to recognise them

www.mettehl.dk

Thank you for your courage

And thank you for being here

I mention your courage because it takes courage to contemplate whether you might be affected by grief – even if the loss happened MANY years ago.

Every day, I meet people who have experienced losses recently or in the distant past.

At some point, I realised that several of my clients had certain traits and challenges in common.

I did some digging and identified 11 markers of what happens to a person who has unresolved childhood grief.

This could perhaps explain some things you have been wondering about.

I hope you find it useful.

Best
Mette



Mette Hvied Lauesen

Specialist in
helping griever's feel better

For years, I have helped countless people live more authentic lives, where they are more present. Simply by helping them come to terms with and learn to live with their losses.

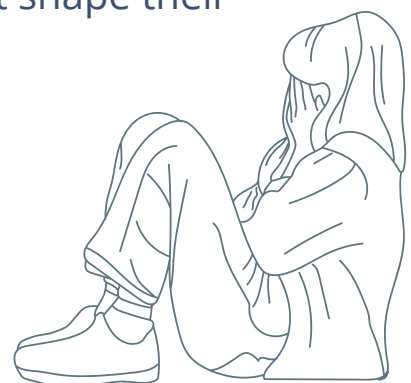
I meet them all the time. They lost a mother or father when they were children. And they were told by their surviving parent or relatives that 'now we have to look ahead and move on.'

And so they were not allowed to talk enough about the parent they had lost.

The surviving parent did the best they could based on what they themselves had learned. Add to that the fact that they themselves were overwhelmed and sad and found it difficult to cope with everyday life - perhaps even just getting up in the morning. And then imagine being a single parent with children who are also sad. So they probably couldn't bring themselves to talk about their loss. They probably thought that it would mean that the children would be constantly reminded of their loss, which would make them even more upset.

But that's not true. Children – and adults – need to talk about their losses.

When I meet these children, who are now adults, they have certain traits in common that shape their adult lives.



THE 11 MARKERS

For adults with unresolved childhood grief

1

They avoid conflict

They often avoid getting into conflicts – or even situations that could potentially lead to conflict. They withdraw, both physically and mentally.

2

They are not clear about what they WANT

They have spent a lot of energy on being as out of the way as possible as children, so that today, as adults, they can find it very difficult to know what they themselves want. They are happy to adapt to the wishes of others. It's easier that way.

3

They often lack words to express feelings

A common trait among many of these people is that they do not have a particularly large vocabulary for expressing their feelings. They are simply not good at putting into words what they feel in a precise manner. They simply lack the experience.

4

They don't understand emotional outbursts of others

In general, they find it difficult when other people express strong emotions. Whether someone is really happy or really sad. They don't find it easy to be in that situation and don't really know how to deal with it.

5

They are REALLY good at adapting

These are not the kind of people you encounter trouble with. They are world champions at adapting, at flying under the radar, at not attracting unnecessary attention.

6

They may become VERY angry - rarely

Even the world's best at suppressing their feelings can get angry. It really catches them off guard because they don't really get what's going on, and they usually feel really ashamed afterwards. They don't know that anger is a totally common way to express sadness.

7

They talk about THOUGHTS, not feelings

Another common thing is that when I ask these people how they feel, they tell me what they THINK. These are two different things. They're just not used to being aware of their feelings. Most of the time, they've kept them bottled up for a long time.

8

They say 'you' or 'one' instead of 'I'

When they talk about something difficult or important, they are very keen to say 'you' or 'one' instead of 'I'. This is not unusual - many people do it. I just see it a lot with this group of people.

9

Lower self-confidence

In general, I find that this group of mourners has lower confidence than many others. They don't think it's that important what they want, and they don't have much practice in sticking to their guns. They've resigned themselves to the fact that they don't matter that much.

10

They feel 'wrong'

Not only do they feel wrong - they have felt wrong for as long as they can remember. And with that experience, they assume that this is how everyone feels.

11

They know what life is like in a bell jar

When they describe their relationships with their colleagues, friends – sometimes family – they often mention that it is as if they are inside a glass bell jar and the others are outside. That there is a distance.

The bad advice that things take time or “you're just a little stressed at the moment”

When I first talk to these people, It is often been many - really many - years since they suffered their loss.

They can see that throughout their lives they've had reactions or behaviour patterns that others don't have. That their partners don't have. And they've started to see that things aren't as they should be. They may also have started to have racing thoughts about the past. About all the unanswered questions. About what and who they come from.

They often feel as if they are missing a part of themselves.

When they talk about how they feel, they are unfortunately often met with bad advice such as:

- ‘You never get over big losses.’
- ‘Things take time.’
- ‘You probably have too much on your mind right now.’
- ‘It's understandable that you're thinking about it, but it was many years ago, and you have a good life now.’

Some of it is utter nonsense, and some of it is what we call intellectually true but emotionally useless. It doesn't change how you feel.

And you still feel like you're in a bell jar or standing on the sidelines of where other people are.



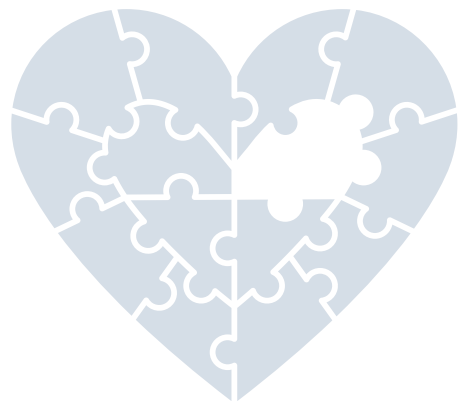
Do you recognise yourself?

If you recognise yourself in these descriptions, then you should know that you can improve your situation. That you can feel better.

You don't do this by explaining your feelings with your brain, but by talking about them through your heart. Even if you don't have a large vocabulary for it.

Your heart can be whole again.

That's something I can help you with - just like I've helped many others.



DO YOU WANT THE BELL JAR TO GO AWAY?

Over the years, I have helped MANY people cope with their grief and rediscover themselves.

Most say that they feel lighter and that they have found themselves again. They know who they are and what they stand for. A few have even said that they have started to see the world in colour again.

That could be you.

Through a structured and thoroughly tested 8-week programme of 8 weekly sessions, either in person or online, you will process your grief and feel better.

Read more on www.mettehl.dk/english

**Book a free call and hear how
you can feel better**

