



悲傷和損失的定義 (GRIEF AND LOSS DEFINITIONS)

損失 -

失去我們曾經擁有的某種東西

喪親之痛 -

嚴重地喪失了希望和歡樂等

悲傷 -

精神痛楚、後悔損失或所處的困境

甚麼是悲傷

悲傷是損失的痛楚，是我們對損失的情緒反映，它可以是一種非常強烈和痛苦的過程，影響我們應付日常生活的能力，悲傷的程度通常關係到我們所失去的人或物之價值。

“Ocean Room” Wollongong Town Hall & Community Centre Cnr Crown & Kembla Streets Wollongong
Locked Bag 8821 South Coast Mail Centre NSW 2521 Ph: 4225 7812 Fax: 4225 9620 NRS 133677
email: volunteering@wollongong.nsw.gov.au

A Community Services initiative of Wollongong City Council funded by the Australian Government Department of Family and Community Services, Volunteering Australia & NSW Department of Ageing Disability & Home Care