

WHEN GRIEF COMES OUT AS ANGER

Understanding Irritability, Frustration, and Anger After Loss



Anger can be a powerful part of grief. You may be angry that the person died, at the circumstances, at medical care, at family members, at God, at yourself, or at a world that keeps moving. For some men, anger is easier to recognize than sadness, fear, helplessness, or longing.

ANGER CAN CREATE A SENSE OF CONTROL

Grief can leave you feeling powerless. Anger brings energy and may temporarily feel stronger or more manageable than vulnerability.

SMALL THINGS MAY FEEL BIGGER

Noise, delays, questions, traffic, mistakes, or everyday demands may be harder to tolerate when your emotional reserves are already depleted.

LOOK UNDER THE ANGER

Sadness, guilt, fear, exhaustion, loneliness, disappointment, and yearning may be underneath the anger. Asking "What else am I feeling?" can reveal what the anger is carrying.

FEELING ANGER IS DIFFERENT FROM ACTING ON IT

Anger itself is not wrong. What matters is finding safe ways to respond so the feeling does not damage you, another person, your relationships, property, or your future.

WHAT CAN HELP

Create a pause when anger rises. Step away, slow your breathing, walk, exercise, or use another safe physical outlet. If anger feels uncontrollable or unsafe, seek professional support.

REMEMBER THIS

Anger does not make you a bad griever. It may be showing you how deeply something has hurt.

"You can respect the anger without allowing it to decide what you do next."

- Mourning Discoveries

