**Widow and Widower Dictionary and Vocabulary**

**Vocabulary**

Grieve-suffer grief caused by someone's death.

Mourn-feel or show deep [sorrow](https://www.google.com/search?sxsrf=AB5stBho9hFEOlcYfKd7j_tE1CCfG33GOQ:1688884418963&q=sorrow&si=ACFMAn8Vh8Mk37drt2pTIRWqgL6e48-jcyTkIbJB7OVFWeX1Sm4hZ2MCwfpuANndadWwYefvs2JP_klW-foE1Ytw_XefKoVI5A%3D%3D&expnd=1) for someone or their death.

Lament-a passionate expression of grief or [sorrow](https://www.google.com/search?biw=819&bih=655&sxsrf=AB5stBj_DVCbRFCVP6-rcDUaGnjpr-awxA:1689475661078&q=sorrow&si=ACFMAn8Vh8Mk37drt2pTIRWqgL6e48-jcyTkIbJB7OVFWeX1Sm4hZ2MCwfpuANndadWwYefvs2JP_klW-foE1Ytw_XefKoVI5A%3D%3D&expnd=1).

Apathy- lack of interest, [enthusiasm](https://www.google.com/search?biw=819&bih=655&sxsrf=AB5stBgOMb4ANVk5O0d981G3xntVe8sE1w:1689475757438&q=enthusiasm&si=ACFMAn9-5A9OMKPWcg180I9o9Mndhc53tmX2uy_fK2Hsb4Jb4bp2ccZUdtUs0oMo5_fQ4rzubmOzd3DA0Uw1tj3sQQnS-oVISA%3D%3D&expnd=1), or concern.

5 Stages of Grief

1.Denial- the action of [declaring](https://www.google.com/search?sxsrf=AB5stBiTD4c32Ieqqa9YYGmz8UEMTK_y0Q:1688886000253&q=declaring&si=ACFMAn8hzZSJQsgXIYlkGc-z1vmphgFhjZrPg7-tC8Tr79rJRC1aU0CmOOok93UPftk-7e29mQ2Pvdb_USlUo83hBRodYC3wDA%3D%3D&expnd=1) something to be [untrue](https://www.google.com/search?sxsrf=AB5stBiTD4c32Ieqqa9YYGmz8UEMTK_y0Q:1688886000253&q=untrue&si=ACFMAn8Vh8Mk37drt2pTIRWqgL6e6j6zzScB2CN1yDh2n-b3Lcfdi-hRIIZMcerNMwaZhPb_7WZQ9wtBepQjxjwVff0bEmwZcw%3D%3D&expnd=1).

2.Anger- a strong feeling of annoyance, displeasure, or [hostility](https://www.google.com/search?sxsrf=AB5stBjq3VwGmEy2TxRx-th-FpHTCXFAxw:1688886061376&q=hostility&si=ACFMAn8hzZSJQsgXIYlkGc-z1vmpbkNIic9yjeCeMjzC-HMGzzb32Aqp_822f-lHHBs3K3XUfYwomYA0lkyTazwprr5n1J_z8g%3D%3D&expnd=1).

3.Bargaining- negotiate the terms and conditions of a transaction.

4.Depression- feelings of severe [despondency](https://www.google.com/search?sxsrf=AB5stBj04Anuzktiz53totMYyAwOSzKVzQ:1688886177612&q=despondency&si=ACFMAn-3JZRSzQzizXTr4ubOpZcLlNe7Q3BChf33Kku9luDTKPHU_WeJZOIflXdQleZ8ukSdeDUeGIdc9NinEETi72S3d2R9N42i8eX5peEiokUyUhz-YFg%3D&expnd=1) and dejection

5.Acceptance- the action of [consenting](https://www.google.com/search?sxsrf=AB5stBgYtoMjrc4L_iaaIpXSgYSrnx6c0A:1688887693201&q=consenting&si=ACFMAn9-5A9OMKPWcg180I9o9Mndp-0EF6o9o9SdXY8td4NAalJrzxtvROtWw38wvzf7vLR2jN_r9up7Q76oJo34hEmNS0SEJQ%3D%3D&expnd=1) to receive or [undertake](https://www.google.com/search?sxsrf=AB5stBgYtoMjrc4L_iaaIpXSgYSrnx6c0A:1688887693201&q=undertake&si=ACFMAn8hzZSJQsgXIYlkGc-z1vmpsHm1g1Z62YTvV8WGmPchk6xh-hUzBloAQv62_yUlwNOKdmhVP3QhgSIFliTJcwCwJcW3cg%3D%3D&expnd=1) something offered.

Psychologist- an expert or specialist in psychology.

Therapist- a person who treats mental conditions by verbal communication and interaction

Trauma- a deeply distressing or disturbing experience.

PTSD- post-traumatic stress disorder- a condition of persistent mental and emotional stress occurring as a result of injury or severe psychological shock, typically involving [disturbance](https://www.google.com/search?biw=819&bih=655&sxsrf=AB5stBhlJt2jGSXK77v28euRumC2wvnUcQ:1689475585411&q=disturbance&si=ACFMAn-3JZRSzQzizXTr4ubOpZcLI-8xpwWLwtgoMXfm4CK5YqBw4A8gBOZBvWfxt-NQ-Lbhfe-dTEJNJZKsCeM-eZP92n6GpDzRHVLWx84Gs1utWPjoZio%3D&expnd=1) of sleep and constant vivid recall of the experience, with [dulled](https://www.google.com/search?biw=819&bih=655&sxsrf=AB5stBhlJt2jGSXK77v28euRumC2wvnUcQ:1689475585411&q=dulled&si=ACFMAn8Vh8Mk37drt2pTIRWqgL6e6Hyy3lB1QP5fnyx0ISyHcCpJNSKzOnSG0r7IuWWVTkAfRAjQhZrbOG7Q6sjDTgRhuq8VuA%3D%3D&expnd=1) responses to others and to the outside world.

Depression- feelings of severe [despondency](https://www.google.com/search?biw=819&bih=655&sxsrf=AB5stBjjVQlpuGAM0JqAjP8sEiv_GezrDQ:1689475824329&q=despondency&si=ACFMAn-3JZRSzQzizXTr4ubOpZcLlNe7Q3BChf33Kku9luDTKPHU_WeJZOIflXdQleZ8ukSdeDUeGIdc9NinEETi72S3d2R9N42i8eX5peEiokUyUhz-YFg%3D&expnd=1) and dejection

Anxiety- a feeling of worry, [nervousness](https://www.google.com/search?biw=819&bih=655&sxsrf=AB5stBg0SApB8jq54c_n93yYR74O1bpD8A:1689475949883&q=nervousness&si=ACFMAn-3JZRSzQzizXTr4ubOpZcLjNHL7faEMsAZZYxC6DXY3ordcXVgqi5PJ6g999F97UVzj4HVfSLq1gJU_-zmOdUa469G5DVzSitA8-4hluTzxLJMuc8%3D&expnd=1), or unease, typically about an [imminent](https://www.google.com/search?biw=819&bih=655&sxsrf=AB5stBg0SApB8jq54c_n93yYR74O1bpD8A:1689475949883&q=imminent&si=ACFMAn-fuhiZynqzEWN5DhRvBVhtoq9DTUSrAHEOInmHYrLDBX54nsjhnAH-5ZOYsrPZcZHrUB030r8cn4aoLuJNqSu9xReYZA%3D%3D&expnd=1) event or something with an uncertain outcome.

Try- make an attempt or effort to do something.

Okay- used to express [assent](https://www.google.com/search?biw=819&bih=655&sxsrf=AB5stBikE5Sy50hKPEK4PPyMwZ2GGuOROw:1689476057441&q=assent&si=ACFMAn8Vh8Mk37drt2pTIRWqgL6eOh-FqxOuRvfgL4hX3Z8qcbn2JbNK8-hthjrcqdIq_Gi7crlJRLgnK6OxItpTTDiVQDVdWQ%3D%3D&expnd=1), agreement, or acceptance.

Widow brain- Widow Brain is a term used to describe the fogginess and disconnect that can set in after the death of a spouse. This feeling is thought to be a coping mechanism, where the brain attempts to shield itself from the pain of a significant trauma or loss. Widow’s Brain is also commonly referred to as Widow Fog or simply trauma brain.