**Resilience**—*an adaptive outcome, a stable pattern of low distress over time*

Resilience comes from a combination of personality, supportive relationships and the temporal characteristics of the stressor.

Only a minority of bereaved people, usually between 10-15% will suffer chronic grief symptoms beyond the first year after a major loss.

Across a range of studies of proportion of bereaved individuals who exhibited relatively low levels of depression or distress following loss was always close to or even exceeded 50% of the sample.

Rynearson (2006)

A survey of international, self-identified bereavement experts, 65% believed that absent grief exists and comes from denial and is maladaptive in the long run. 76% of the same group of bereavement experts also endorsed the compatible assumption that absent grief eventually surfaces in the form of delayed grief reactions.

(Middleton, Moylan, Raphael, Burnett, & Martinek, 1993).