

Getting Un-stuck in Grief

If you, or someone you know is having a hard time processing grief or loss, consider the following ideas to help you focus on your feelings and the peripheral issues we must deal with in order to grieve successfully.

Write - Keep a journal; write down your feelings and thoughts about your loss. Give yourself the freedom and permission to express yourself, free from judgment, guilt or shame.

Remember (contemplate, meditate) - Recall memories, events and/or relationships associated with the one who passed. Meditate on the details, think through each facet of the relationship.

Read - Read a comforting book (*ie...* "Psalms", "The Beauty of What Remains", "The Other Side of Sadness", "I wasn't Ready to Say Goodbye", etc) and write down the words that speak to you.

Diagram your losses - Draw a "personal history" or timeline and mark where losses have occurred throughout your lifetime and how you or others have coped with their losses or failed to cope with their losses. Don't hesitate to give yourself some good advice.

Return - Visit the familiar environments associated with the relationship of the person you love. Be consciously prepared to experience the emotions that are associated with this experience. Sit and listen to how your body, emotions and feelings process this place.

Remember Realistically - With family (or close friends) sit down in a quiet unhurried place, and write down the distinctive characteristics, strengths, weaknesses, habits and "idiosyncrasies" of the person who has died. Record real-life events, not idealized scenarios. Laugh, cry, forgive, grieve, it's ok.

Say good-bye - Say good-bye to the relationship as it once existed. Allow family and friends help you create new memories, without blocking out those memories of the person you lost. Make new friends. Be a friend!

* Consider visiting:

www.griefshare.org

(under "find a group" tab, enter your zip code and your area).

Sincerely,

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