

## Remember: the bad times will pass...

"The tragedies that now blacken and darken the very air of heaven for us will sink into their places in a scheme so august, so magnificent, so joyful, that we shall laugh for wonder and delight."

Arthur Christopher Bacon

The above *will* happen as your grief heals.

## Grief

Grief is something that everyone will experience at one time or another during their lifetime.

When a person experiences the loss of someone they love, through death are forced to deal with grief. When a loss occurs, most of us are unprepared for how to handle it, especially if we have never had to deal with it before. Even if we have, it is still traumatic each time.

There is a lot to learn about grief, especially the necessity of grieving a loss. Some people don't allow themselves to grieve - they hold it in, only to have it negatively affect them for the rest of their lives. Some people tend to wallow in their grief for too long, unable to adjust. Although the grieving process is different for each individual, it is imperative that grief be worked through so that you can come out on the other side of it **and get on with your life**. Life does go on, so we may as well live it to the fullest when all is said and done.

I will try to help you to deal with grief by helping you to recognize it, understand it, accept it and work through it.

## The Tasks of Grief

**These are the tasks you must accomplish in order to work through your grief. It isn't always easy, and each person must accomplish these tasks in his or her own time. But each task must be accomplished in order for you to heal and move on with your life.**

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| <b>TASK 1</b> | You must accept the reality of your loss. You must talk about the loss until you accept it. <b>The more you talk about it, the more you will realize that the loss is real</b> - that the person is really gone and will not come back.  |
| <b>TASK 2</b> | You must allow yourself to experience the pain of grief. <b>You must accept the painful reality and finality of the loss.</b> If you don't, your grief will keep resurfacing throughout your life and interfere with a healthy emotional state of being. You have to feel the pain. You can't avoid the pain. It will hurt. You will feel awful. But this pain must be felt in order for you to work through the pain and heal. If you push the pain away and refuse to feel it, it will fester for years and affect your entire future. |
| <b>TASK 3</b> | You must learn to adjust to an environment in which the loved one is missing. You have to return to places you went together. You have to spend time in your   |

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|                      | <p>home without this person. You have to encounter each aspect of your life without that person. It will be hard. You will need to learn new skills and tasks in order to assume responsibility for your own life. You have to learn to function without the person at home and in your everyday life. In other words, you must keep going. You can't withdraw from the world. The first time you go to a place, or experience a holiday without them, or do an activity you shared with your lost love will be the worst. After that, it will get better.</p>   |
| <p><b>TASK 4</b></p> | <p>Finally, after you have grieved all you need to grieve, you have to begin to withdraw emotional energy that you are investing in your grieving and the focus you have on your loss, and invest it in new relationships. If, after a reasonable amount of time you constantly relive your relationship with the person), constantly go over "what I did wrong" and "what I should have done differently", and refuse to try to move on with your life, you are investing too much energy in your grieving. The support and encouragement of a loving family and a good support group is necessary in order to move on with your life. New friends and new interests are important. The time will come when you will have to get on with your life.</p> <p><b>Take back your power. Don't let yourself grieve for too long. We all have the strength to overcome. You can do it. You can make a new and meaningful life for yourself.</b></p> |

## How We Deal with Grief

Remember, each person grieves in his own way and in his own time. You will let go and accept your loss when you have worked through all of the phases of grief and dealt with each as long as you needed to. Don't let other people tell you, "It's time to stop grieving and get on with your life." Give yourself time, but don't expect time alone to heal. You have to do a lot of work. Read books, talk to people who understand, go to recovery programs, enter therapy, counsel with your minister, or do whatever you can to heal.

You will be whole again one day.

Also, remember that each time you suffer a loss, whether it be large or small, whether it be a person or a thing (such as a job or a house lost to a fire), it will trigger feelings that will bring back all of the feelings and memories of all of your other losses. You may not consciously think about them, but the feelings will be there. The grief may return momentarily, or last a few days (or longer) depending upon the nature of the grief. Go back and do the grief work again so that the loss is properly grieved.