



My grief is like a river, I have to let it flow. But I myself determine just where the banks will go.

Some days the current takes me in waves of guilt and pain, but there are always quiet pools where I can rest again.

I crash on rocks of anger, my faith seems faint indeed, but there are other swimmers who know that what I need.

Are loving hands to hold me when the waters are too swift, and someone kind to listen when I just seem to drift.

Grief's river is a process of relinquishing the past. By swimming in Hope's channels, I'll reach the shore at last.

By Cynthia G. Kelley

Grief is Like a River

THE NECESSARY "TASK" OF THE GREIVING PROCESS

ADAPTED FROM *GRIEF COUNSELING AND GRIEF THERAPY*. BY J. WILLIAM WORDEN

The Reality of the Loss. The first reaction to a serious loss is a desperate sense of 'it did not really happen', 'it's all a bad dream', 'I'll wake up soon'. The impact of the loss encompasses how life will be changed, what has ended and what will be different.

The Pain of Grief. Grieving individuals cry for the loss, yearn for their loved one to return and protest their absence. Feelings of anger, guilt, helplessness, anxiety, and sadness overwhelm the bereaved. There is fear that what is happening is not normal. Loss changes the lives of the bereaved forever. An ending has occurred which demands moving toward a different life.

Emotional Release from the Attachment is gained by reliving and reviewing the entire relationship. The stories must be told and retold until the emotions are released, loosened, and transformed. Remembering without pain is possible. Death ends a life but not a relationship. The new relationship continuously reshapes itself to bring comfort to the living.

Dr. Alan Wolfelt, well known bereavement specialist and author adds that spiritual life may be altered. The Bereaved may face with questions like "What is the point?" and "Why am I being punished?" Even the shortness and morality of the life may seem a new fragile reality, leading to fears for the lives of other loved ones. Find ways to combat fear with faith, hope and love.



Know your support

On a sheet of paper, create a list of the people who are supporters in your life and include their phone number.

1. Three close friends/relatives
2. Clergy or other spiritual support
3. A hospice program or grief counselor

Despite electronic gadgets keep this list visible at home and at the office. Sometimes just seeing it is comforting, knowing your support.