**The 6 Needs of Grief**

1. To have the pain witnessed. We need to have our loss affirmed by others; for others to know that our loved one was important and the loss is significant.

2. To express feelings. We need to express our feelings and *feel* them to heal.

3. To release the burden of guilt. Naturally, we wish things may have gone differently. If thoughts begin with “If only I had…”, work towards changing them to “Even if I had…”

4. To be free of old wounds. Old wounds inform us emotionally. These are our lessons of the past. Grief can bring up this pain again so it’s important to work through old wounds (by feeling the feelings that arise) in addition to new wounds. *Feel* all the feelings.

5. To integrate the pain and love. We work towards getting to the point where we can remember our loved one with more love than pain. There is no timeline to this. Integration is knowing our loved one is no longer with us but remembering that they live within us and within our memories for all of time.

6. To find meaning in life after loss. We find meaning by learning to sustain the love we had for the one lost while moving forward. We learn to say goodbye to the life that we had in order to move forward into the future.