



Sobs for a Season: Can Tears Mend a Broken Heart?

Grief is like a jigsaw puzzle: Sometimes we feel like we have it all together. Then our life falls apart. We try to put it back together, but have trouble fitting the pieces together.

Grief is like a broken heart: Who can mend it?

Grief is like a wound: Grief is a cut, a slash on our body. At first, there is no feeling. We are numb. Then gradually we begin to hurt, to feel the pain. We have to tend the wound carefully to avoid infection. Healing is a slow process. There will always be a scar.

Grief is like waves pounding on the seashore: At first, the waves come in piled one upon the other, tumbling in confusion. Gradually, they slow down. Gradually there is more time between waves, although we still get knocked down from time to time. Sometimes we can see the wave coming (such as holidays, a birthday, an anniversary, or a particular season of the year), and we can brace ourselves for it.

Grief is like a maze: There are so many blind alleys. Where is the right passageway? Who is there to guide us, to give us safe conduct through this maze of feelings and emotions? How can we find our way?

Grief is like a stream: As we cross to the other side, we go from stepping stone to stepping stone without falling or being carried away in the turbulence of the rapids.

Grief is not an illness: It is not a sign of weakness, or a problem to be solved, even though it might feel like one, and other people may treat you as though you are “sick” or have a problem.

Grief is not like a broken bone or a cold or an allergy: There is no “quick fix”, no “easy cure” for grief. Nor are alcohol, drugs, food, sex or work helpful when used as solutions to replace, deny, or avoid the pain of grief work.

Grief is a transition: It is a long, slow, time-consuming, painful, healing process, a journey towards human wholeness.

Source: Caplan, S. & Lang, G. Grief's Courageous Journey, Oakland, CA