

GRIEF

GRIEF IS:

- a natural reaction to any kind of loss
- emotional, physical, mental and spiritual
- expected due to our attachments in life
- a universal experience everyone goes through
- a valid process in itself
- necessary, natural and normal
- not measured in time
- very individual
- the hardest work you'll ever do

WHY PEOPLE FAIL TO GRIEVE:

- we do not like to feel unpleasant emotions and are afraid of letting ourselves feel the pain
- grief is often not recognized as important enough to feel and process
- society often tells us to “get on with our life” before we have had a chance to adjust to the loss
- we do not know enough about grief to recognize what is happening
- we all have some learned unhealthy reactions and attitudes about death and loss
- we think that if we let go of the pain, we will lose our pleasant memories – often we need to learn that we can hold on to memories at the same time we are working through the pain.

WHEN A FRIEND IS GRIEVING

- There are no magic words that will take away the pain.

It's helpful to say:

“I'm sorry. It must be very painful for you.”

“Do you feel like talking about it?”

“What hurts most?”

“It's okay to cry.”

“What can I get for you (or do for you)?”

It's NOT helpful to say:

“At least she (he) didn't suffer.”

“It's part of God's plan.”

“You'll find somebody else (or have more children).”

“Why don't you go out and have some fun?”