

Grief is a Response to Loss

Loss is never having again something you once had or hoped to have.

Initial Phase of Grief:

<i>Shock</i>	<i>Bad Dreams</i>	<i>Loss of Identity and Role</i>
<i>Fear</i>	<i>Sleeplessness</i>	<i>Physical Distress</i>
<i>Restlessness</i>	<i>Insecurity</i>	<i>Difficulty Concentrating</i>
<i>Nervousness</i>	<i>Death Wishes</i>	<i>Need to Talk</i>
<i>Low Energy</i>	<i>Question Sanity</i>	<i>Disorganization</i>
<i>Anger</i>		

Phase of Letting Go Gradually:

- ☛ Much sharing of feelings and thoughts about the deceased and the death*
- ☛ Visiting places that have meaning for you*
- ☛ Disposing of belongings*
- ☛ Permitting tears and letting go of guilt and anger*
- ☛ Accepting yourself as widow or widower, orphan or single parent*
- ☛ Replacing idealized focus of the dead person with genuine memory*
- ☛ Reducing and gradually changing emotional ties to the person who has died*

Phase of Accepting Aloneness and Making Peace:

- ☛ Realizing the experiential difference between lonely and alone*
- ☛ Learning to be alone*
- ☛ Going places alone without being embarrassed about it*
- ☛ Making own decisions about purchases, trips, etc., with confidence*
- ☛ Recognizing personal blessings*
- ☛ Accepting unchangeable conditions (aging, dying)*
- ☛ Accepting life with all its ups and downs*

Phase of Rebuilding and Expanding One's Life:

- ☛ Making new goals and aspirations*
- ☛ Appreciating being alive*
- ☛ Sharing your new self and understanding with others*
- ☛ Living without fear of being hurt again because you believe that healing occurs*
- ☛ Realizing you have grown stronger*
- ☛ Recognizing limitations and understanding weakness and errors of others*