

**grieving**

- **If we could have a lifetime wish  
A dream that would come true,  
We'd pray to God with all our hearts  
For yesterday and You.  
A thousand words can't bring you back  
We know because we've tried...  
Neither will a thousand tears  
We know because we've cried...  
You left behind our broken hearts  
And happy memories too...  
But we never wanted memories  
We only wanted You.**

# Grieving vs. Mourning

- Grieving-identifying within self the thoughts and feelings you have about the death
- Mourning- is grieving gone public. Sharing these thoughts and feelings with others.

# Denial and Shock

- Denial/ Shock- “it can’t be true, the police are wrong, the tests are wrong”
- temporary protection (time out)
- your emotions need time to catch up with what your mind has been told.
- **Action-**Give your emotions time to catch up with your mind. Don’t force acceptance.

# Anger

- Anger-”why did he die, why did God not save him, how could he be so selfish, why didn’t.....
- that others are going on with life
- Action: share angry thoughts and ask questions.

# Guilt and Fear

- Guilt/Fear-”
  - guilt-”why didn’t I do something different. If I would have asked more questions, spent more time”
  - fear-”what if the same thing happens to someone else I love” “will I ever stop feeling this sad”?
  - Action: Express your fears and acknowledge your feelings of guilt.

# Sadness and Depression

- ‘my heart aches all the time’ “I can’t get out of bed” “I can’t concentrate on my work at school”
- Your sadness is a symptom of your wound
- Action: Move toward your sadness
  - keep talking
  - give yourself permission to cry

# Acceptance/Relief

- “I realize they will never come back and I will need to move on, re-invest”
- Acceptance and relief come when you express your thoughts and feelings.
- Sometimes you can re-experience guilt



# TEAR

- T=to accept the reality of the loss
- E=experience the pain of the loss
- A=adjust to a new reality without the person
- R=Reinvest in the new reality