

THERE'S A LOT MORE TO GRIEF THAN STAGES

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“The downside of human closeness is that, to the degree you have loved their presence, you grieve their loss.”
Beth Moore, *All My Knotted-Up Life*

Categories of Loss

- Finite (death)
- Ambiguous
- Anticipatory
- Traumatic
- Non-finite (non-death)

GRIEVERS have three needs

- To find the words for the loss
- To say the words aloud
- To know that their words have been heard

GRIEF assaults the “Assumptive” World:

Janoff-Bulman (1992) expectations for an “orderly” world:

- Be predictable & controllable
- Be meaningful
- Operate according to principles of fairness & justice
- Keep individuals basically safe and secure
- People are trustable

Issues in Grief Integration

- Impatience with grief

Three types of grievers

- floaters
 - fighters
 - navigators
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- The emergence of *bereaving* vs. *bereaved*
 - The difference between *closure* and *erasure*
 - Difficulty defining “normal” and abnormal grief.
 - The intrusive Grief Patrol
 - Symptoms & levels of human distress that are life “*limiting*.”
 - Need for *makom hanekhama* “**safe place of comfort**”
 - The “sanctification of the dead” vs. *hesped* [LaPata]
 - Polishing “the glittering image” [Susan Howatch]
 - Re-scripting the relational narrative
 - Finding/making safe places to mourn:

The Tasks of Mourning [William Worden, 2018]

To *accept* the reality [realities] of the loss*

To *process* to the pain of grief

To *adjust* to a world without the deceased

To *find* an enduring connection with the deceased while embarking on a new life.

The Dual Hypothesis of loss according to Strobe & Schut

- Loss orientation
- Restoration orientation

The Grief-by-pass (Welwood 2002)

- to *reject* what is difficult or painful
- to *grasp* onto something solid for comfort & security
- to *desensitize* ourselves to avoid feeling the whole problem
- to *embrace* ways to avoid facing the rawness of grief

Nexting!

Phases of the Grief Process [John Schneider]

- Discovering what is lost—the beginning of grief;
- Discovering what is left—the limits of loss;
- Discovering what is possible—moving toward transformation

“If we are still breathing, it is too early to tell the ultimate impact of any event in our lives.”

John Claypool (2006) 40

“By finding some benefit, grievors are creating a different, and in many ways, more tenable way to look at an otherwise unendurable event.”

George Bonanno (2009) 81

Rx: Three Gratudefs

- Today/tonight I am grateful for...
- Today/tonight I am grateful for ...
- Today/tonight I am grateful for ...
- Today/tonight I am grateful for ...

Words from a wise philosopher

“If ever there is tomorrow when we're not together, there is something you must always remember. **You are braver than you believe, stronger than you seem, and smarter than you think.** But the most important thing is, even if we're apart...

I'll always be with you.”

Winnie the Pooh