

Loss

	Something precious	
	Stability	
Adventure	Status	
Affection	Useful knowledge	
Affirmation	Vocation	
Call		
Certainty		
Closure		
Competence		
Comprehension		
Conflict		
Control		
Familiarity		
Freedom		
Future prospects		
Health		
Illusions		
Intimacy		
Meaning		
Meaningful work		
One good-bye too many		
Power		
Purpose		
Recognition		
Rejection		
Respected role		
Routine		
Security		
Significance		
Significant relationships		
Social network		

Grief

Feelings associated with grief

	Guilt	Sickness
	Hopelessness	Sorrow
	Hunger	Stress
	Hurt	Superiority
Accident prone	'If only'	Tiredness
Aloofness	Impatience	Uncertainty
Anger	Inability to concentrate	Unfocussed
Anxiety	Inappropriate behaviour	Unfulfilled
'At last!'	Insecurity	Unmotivated
Bitterness	Instability	Unsettled
Chaos	Irritability	Unsure
Confusion	Isolation	Useless
Contempt	Lethargy	Vulnerability
Curiosity (Why?)	Loneliness	Wanting to sleep all the time
Denial	Loss of appetite	Withdrawal
Depression	Melancholy	Worry
Desperation	Mistake prone	
Disappointment	Numbness	
Discouragement	Optimism	
Disgust	'Out of it'	
Disillusionment	Paralysis	
Disoriented	Nightmares	
Dissatisfaction	Moody	
Elation	Regretfulness	
Embarrassment	Rejection	
Excitement	Release	
Failure	Relief	
Fatigue	Resentment	
Fear	Restlessness	
Forgetfulness	Sadness	
Frustration	Shock	

Gain

Prepared

Priorities

Adventure

Richness

Affection

Serve

Affinity

Self knowledge

Affirmation

Skill

Assurance

Strength

Balance

Trust

Calm

Vision

Compassion

Perspective

Comprehension

Usefulness

Connection

Confidence

Depth

Empathy

Experience

Expertise

Forgiveness

Freedom

Gratitude

Growth

Humility

Know that you have loved

Maturity

Memories

Opportunity

Optimism

Peace

Perception

Perseverance

Plan

Grieve well

'Who done it?' What part of you has died and why did it have to die?

Accept reality of loss. Recognise that losses are inevitable. There is a time to embrace. There is a time to release.

Engage honestly with losses sooner rather than later. There are no short cuts.

Acknowledge and engage the pain. Know that it is going to be hard.

Affirm your relationship with what you have lost.

Understand why you are grieving. Legitimize your feelings. Every thought, feeling and behaviour is natural. No matter how bad you feel, you will survive. You are not the first, neither will you be the last person to experience loss. You are not alone.

People are uncomfortable with grief and grieving people. Avoid people who disapprove of your grieving.

Seek out people who have experienced similar losses. Surround yourself with caring friends.

Adjust to the changed circumstances.

Be realistic. It takes as long as it takes. Allow time and energy for grieving.

Avoid making big decisions. Avoid emotionally demanding tasks and responsibilities.

Remember, grief is good.

Ask for help. Seek professional guidance.

Choose to grieve. Where possible, choose how to grieve. Choose not to be a victim.

Be patient.

Adopt simple routines and disciplines that give your life structure.

Exercise regularly.

Get adequate rest.

Honour memories. Allow time to start and finish stages well.

Mark transitions with rituals.

Moderate expectations of what you can cope with.

Think about what is really important. Make the most of this opportunity to adjust priorities.

Some people find grieving in public comforting. Others need to grieve in private. Understand how you grieve and the circumstances in which you need to grieve.

Understand the diversity of grieving styles. Some find talking and crying cathartic. Others need to ponder and make sense of what is

happening. Ignore stereotypes

When in doubt, do it your way.

The nature of the loss determines its emotional impact. Time does not heal all wounds. Some losses are irreversible and permanent. There is accommodation but never closure.

Avoid platitudes that trivialize grief. If you spiritualize loss, spiritualize grief. If it is a privilege to suffer, then it is also a privilege to grieve. If the loss is real, so is the grief.

Recall what you learnt about loss and grieving from your family. Decide whether or not this is helpful.

Don't hide your grief from your children. Model healthy grieving for the next generation. Be alert to behaviour that is exaggerated or out-of-character. Be forgiving. Give permission for others to grieve.

Husbands and wives, parents and children will grieve in their own way and at their own pace. Don't expect synchronised grieving. No one can grieve for you.

Grief has many faces and guises. Grief is unpredictable. Expect fresh waves of grief to be triggered by 'whiffs'.

Grief is good.

The Well of Grief

Those who will not slip
beneath the still surface
on the well of grief

Turning downward through
its black water
to the place we cannot breathe

Will never know
the source
from which we drink
the secret water,
cold and clear

Nor find in the darkness
glimmering,
the small round coins
thrown by those
who wished for something else.

David Whyte

Every Time We Say Goodbye

Every time we say goodbye
I die a little
Every time we say goodbye
I wonder why a little
Why the Gods above me
Who must be in the know
Think so little of me
They allow you to go

When you're near
There's such an air
Of Spring about it
I can hear a lark somewhere
Begin to sing about it
There's no love song finer
But how strange the change
From major to minor
Every time we say goodbye

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Cole Porter

Loss and Grief

Running sheet

Himno Nacional.

Oíd, mortales, el grito
sagrado:

“¡libertad, libertad, libertad!”

Oíd el ruido de rotas cadenas,
ved en trono a la noble
igualdad.

Ya su trono dignísimo abri-
eron

las Provincias Unidas del Sud
y los libres del mundo
responden:

“Al gran pueblo argentino,
¡salud!”

Estribillo

Sean eternos los laureles
que supimos conseguir,
que supimos conseguir.

Coronados de gloria
vivamos...

¡o juremos con gloria morir!,
¡o juremos con gloria morir!,
¡o juremos con gloria morir!

Grief is a gypsy child. It knows
no law.

1. Hide Grief. Gains and
Losses. Every transition brings
both gains and losses. Which
are initially more apparent?
Which do we encounter first?
Why?

2. Hide Gains. Loss and
Grief. Grief is a process of
adaptation to loss. Grief is
our response to loss. Loss
happens, we grieve. How do

we recognise grief responses?

How do I grieve?

3. Hide Loss. Grief and Gain.

The pain of leaving home
made way for the excitement
of our host culture. How will
the pain of our homecoming
make way for the gifts of our
first culture? Is grief good or
bad? If grief is good why do
we depict grief in negative
ways; as symptoms?

John 11.35 Jesus ____.

36 Then the Jews said, 'See
how he ____ him!'

4. How to grieve well?

Avoid

Loss recognised or not recog-
nised by you, or others.

Disenfranchised grief is
grief that cannot be openly
acknowledged.

Seek help.

Grief is good.

It was a mistake, wasn't it? It
was a mistake to come to live
in Australia?

I felt a sermon coming on. Six
actually. God doesn't make
mistakes. God bought us to
Australia for a purpose. It is
a privilege to suffer for the
gospel.