



Beware the 5 Stages of "Grief"

Editorial - TLC Group, Dallas Texas

Few concepts have insinuated themselves into the popular culture as thoroughly as the so called "5 Stages of Grief": Denial, Anger, Bargaining, Depression, Acceptance. We've heard it from professionals in all areas of the healthcare system (who should know better) as well as from lay persons of all ages (who shouldn't). There is even a lengthy comedy routine about it by Dustin Hoffman playing Lenny Bruce in the movie Lenny. The time has now come to ditch it as the concept has done more harm than good.

Three Common Myths about the 5 Stages:

1. The 5 Stages of Grief were defined by Elisabeth Kubler-Ross In her book "On Death and Dying", Macmillan Publishing Company, 1969, she presents 5 stages terminally ill persons may go through upon learning of their terminal illness. She presents them as "an attempt to summarize what we have learned from our dying patients in terms of coping mechanisms at the time of a terminal illness". These stages were not originally the 5 stages of Grief but better: The 5 Stages of Receiving Catastrophic News. Over the next 28 years, healthcare professionals, clergy, nurses, doctors, caregivers, students, and other readers of the book somehow mutated the stages into the 5 stages of Grief.
2. The 5 Stages define the process a bereaved person must go through in order to resolve their grief. Grief is a complicated, multi-dimensional, individual process that can never be generalized in 5 steps. In fact, as will be shown, a person will generally have to go through the 5 stages before true grieving can even begin.
3. A person who isn't progressing through the 5 stages in sequence and in a timely manner needs professional help. This common belief has caused a lot of problems and misunderstandings. One researcher has shown that some caregivers have actually gotten angry at the

bereaved person for not following the stages in order! The person shouldn't be angry yet because they haven't been through Denial.

All of the above points to a basic misunderstanding about what grief is to begin with so it's not surprising that myths continue to propagate. This is most likely because the pervasiveness and impact of grief wasn't really recognized by the psychological community until around the 1980s and even then it was slow in coming.

For example, in 1974 "The Handbook of Psychiatry" defined grief as "...the normal response to the loss of a loved one by death." Response to other kinds of losses were labeled "Pathological Depressive Reactions".

In 1984, Dr. Terese Rando---a noted grief specialist, researcher and author---defined grief as "...process of psychological, social and somatic reactions to the perception of loss".

In 1991, the Grief Resource Foundation of Dallas, Texas found that, for them, a good working and practical definition of Grief as "the total response of the organism to the process of change".

Today, in December 1996, we at TLC Group have come to accept the Grief Response as the Unified Field Theory of All Mental Illness (a subject of another Tip of The Month!)

Curiously, most non-grief specialists commonly accept the definition of grief given in 1974. So what is grief and what produces it? A helpful equation, which proves itself daily in all instances is: Change=Loss=Grief.

This means that:

1. A change of circumstance of any kind (a change from one state to another) produces a loss of some kind (the stage changed from) which will produce a grief reaction.
2. The intensity of the grief reaction is a function of how the change-produced loss is perceived. If the loss is not perceived as significant, the grief reaction will be minimal or barely felt.
3. Significant grief responses which go unresolved can lead to mental, physical, and sociological problems and contribute to family dysfunction across generations.

So, are the 5 Stages without value? Not if they are used as originally

intended, as The 5 Stages of Receiving Catastrophic News. One can even extrapolate to The 5 Stages of Coping With Trauma. Death need not be involved.

As an example, apply the 5 stages to a traumatic event most all of us have experienced: The Dead Battery! You're going to be late to work so you rush out to your car, place the key in the ignition and turn it on. You hear nothing but a grind; the battery is dead.

1. **DENIAL** --- What's the first thing you do? You try to start it again! And again. You may check to make sure the radio, heater, lights, etc. are off and then..., try again.
2. **ANGER** --- "%\$@^##& car!", "I should have junked you years ago." Did you slam your hand on the steering wheel? I have. "I should just leave you out in the rain and let you rust."
3. **BARGAINING** --- (realizing that you're going to be late for work)...., "Oh please car, if you will just start one more time I promise I'll buy you a brand new battery, get a tune up, new tires, belts and hoses, and keep you in perfect working condition.
4. **DEPRESSION** --- "Oh God, what am I going to do. I'm going to be late for work. I give up. My job is at risk and I don't really care any more. What's the use".
5. **ACCEPTANCE** --- "Ok. It's dead. Guess I had better call the Auto Club or find another way to work. Time to get on with my day; I'll deal with this later."

This is not a trivial example. In fact, we all go through this process numerous times a day. A dead battery, the loss of a parking space, a wrong number, the loss of a pet, a job, a move to another city, an overdrawn bank account, etc. Things to remember are:

- Any Change Of Circumstance can cause us to go through this process.
- We don't have to go through the stages in sequence. We can skip a stage or go through two or three simultaneously.
- We can go through them in different time phases. The dead battery could take maybe 5 to 10 minutes, the loss of a parking space 5 to 10 seconds. A traumatic event which involves the Criminal Justice System can take years.
- The intensity and duration of the reaction depends on how significant the change-produced loss is perceived.

It was mentioned above that Grieving only begins where the 5 Stages of

"Grief" leave off. Grief professionals often use the concept of "Grief Work" to help the bereaved through grief resolution. One common definition of Grief Work is summarized by the acronym TEAR:

T = To accept the reality of the loss

E = Experience the pain of the loss

A = Adjust to the new environment without the lost object

R = Reinvest in the new reality

This is Grief Work. It begins when the honeymoon period is over, the friends have stopped calling, everyone thinks you should be over it, the court case is resolved, "closure" has been effected, and everything is supposed to be back to normal. It's at this point that real grieving begins.

Notice that the first step of Grief Work is ACCEPTANCE, the last stage of the 5 Stages of Grief. Let's throw out the 5 stages of grief and replace it with a greater understanding of Grief Recognition and Resolution.

TLC Group grants anyone the right to use this information without compensation so long as the copy is not used for profit or as training materials in a profit making activity such as workshops, lectures, and seminars, and so long as this paragraph is retained in its entirety.

Last Update 03/08/01

Copyright © 1997 by Counseling For Loss & Life Changes

All rights reserved, including the right of reproduction in whole or in part in any form whatsoever.



Grief Watch
resources for bereaved families
& professional caregivers

Someone Came Before You

a new book for children who have come
after the loss of a sibling



Tear Soup

Resources

Grief Watch

Grief Watch Newsletter

Thursday April 23, 2009

Search

Grief Watch Home

Store

About Grief Watch

Contact Us

Grief Facts

Support Groups

Conferences

Downloads

Helpful Links

Your Security

Greetings Friend,

The Grief Watch site was created to provide you with bereavement resources, memorial products and links that can help you through your personal loss. It also serves as an excellent educational tool for all who travel down the road of grief.

If you are a bereaved individual, our hearts go out to you. If you are a friend or curious, we welcome you. Please use this site to learn more about grief and the individual needs of the bereaved.

If you have any suggestions for this site's content or would like to submit an article for others to benefit from, please [contact us](#). With your help, we will continue to learn and serve bereaved families. Your help makes our goal of creating a dynamic and useful online community for bereaved families a reality.

Thank you.

Peace, Love & Tear Soup

From The Newsletter

FROM THE DIRECTOR OF GRIEF WATCH
By Pat Schwiebert, R.N.

What does time have to do with grief?

Everything.

Just consider how, in "normal life," our lives are run by the clock and the calendar. Some of us have a clock in every room so we can keep close track of the time. Few of us have the courage to live without wearing a watch because we're afraid we might be late for something. Time is precious to us. We live in a society that reminds us that every moment counts, and some of us are masters at cramming as much activity as possible into every moment.

And when we are grieving our experience still has much to do about time.

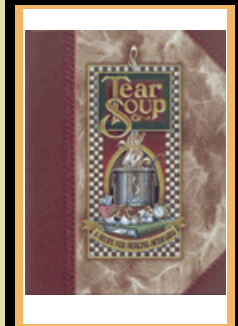
Time stands still.

When we are grieving we may feel like the rest of the world is going on as usual while our life has stopped. Just last week, after my friend died, I passed a neighbor watering his lawn. He seemed totally unaffected by, and most likely unaware of Sarah's death. How could that be? He only lives a block away. Didn't he feel the same shift in the universe that I felt when she died? Doesn't he

Tear Soup
Order Your Copy Here

GO!

Tear Soup Book



Return Home

Contact Us

Print Page

Search

Site Map

Shopping Cart

My Account

realize someone really special is missing?

Time's up.

Most people will allow us about a one month grace period where we are permitted to talk about our loss and even to cry openly. During this time our friends will probably seem to be attentive to our needs. But when the month is up they may be thinking, if not actually telling us, that it's time to move on, and that we need to get over "it". They want us to get back to normal. We may be surprised how many of our friends (and relatives too) will become uncomfortable with our need to dwell on our sorrow. They may not appreciate that it takes time to readjust our life to the loss. Maybe what they are really saying is, "Time's up for me to be able to be present to you in your grieving time." Because of this we may need to redefine what is normal for us, and choosing some new best friends—friends who are willing and able to walk along side us on our personal journey of grief, and who will allow us to determine when our "time's up".

Doing Time.

Grief may make us feel imprisoned in our own version of hell. We won't like who we are. We won't like it that our loved one has gone. We won't like it that our friends can't make us feel better. We just want out of here, and we're not sure we want to do the work that grief requires in order to be set free from this bondage. Some of us will remain in this uncomfortable place for a short time while others of us may feel like we have been given a longer sentence.

Wasting time.

Though in real life I pride myself in being a master at multitasking, in the land of grief I'm much less sure of myself. I find it hard to make decisions because, in my new situation, I don't trust myself to make the right choice. I want someone else to be responsible if something goes wrong. Sometimes my wasting time is about not having the energy to get started. I am physically exhausted and my body refuses to make an effort to reclaim my former self. And I admit, quite frankly, that I'm not sure I even care enough about anything to make the effort. What's the use, since it seems like everything I love sooner or later gets taken away from me.

Looking back in time.

When we grieve we spend most of our time, at least at first, looking back. It seems safer that way. That's where our missing loved ones are. If we were to look forward, that would mean we would have to imagine our lives without those we have lost. And that's what we aren't ready to accept--not yet. So we spend a lot of time thinking how we should have been able to prevent their dying, or wondering if we used our time with them well, as we remember the good times, bad times, silly and sad times. We think we have to keep those memories in front of us, or surely we will forget those whom we have lost.

First times.

It is natural for us to gauge our life after a loss as we anticipate and then go through the first times -- first day, the first week, the first month, the first time we venture out in public, the first time we went back to school, or church, or work, the first summer, the first Christmas, the first vacation, the first time we laughed. These first times are like benchmarks, notches in our belt that prove we are surviving when you weren't sure we wanted to, or didn't know we could.

Dinnertime.

There's an empty chair at the table. There's the conversation that seems to be just noise, having little to do with the absent one about whom we are all thinking but not daring to speak. We still prepare more food than we now need because we haven't yet figured out how to cook for one less person. Sometimes the food seems to have no taste, and is not able to do what we want it to do--to fill that huge hole within us.

Time out.

Sometimes what we need to do is to take a time out from our regular activities to reflect on what has happened to our personal world, as we knew it before our great loss. To do so is not to run away from life but simply to realize that to act as if nothing has happened doesn't work. This loss is too big to allow us to pretend that it hasn't had a big impact on us. It's in the quiet time, when we shut off our thinking, and empty out the chatter in our head that the healing begins. Others will have to be okay with our need to bow out for a while. Remember that during grief our job is to take care of ourselves, not to take care of our friends. When it's time to re-enter a normal routine, it's our choice what we will reinstate and what we decide to lay aside. Loss tends to redefine our priorities. What used to be important may not be as important now. And that's not necessarily a bad thing.

Time heals what reason cannot.

Tear Soup Video



JUST RELEASED!
[Order a copy here!](#)

What's New?

NEW BOOKS

[Click Here To Learn More](#)

Grief Watch Newsletter

Recent Issue:
 November, 2003
[READ IT HERE](#)

Birthstone Bracelets

Beautiful handmade bracelets.
[learn More Here.](#)

Tear Soup Video

Don't miss this timeless and universal story brought to life in rich video format.
[Learn More Here](#)

Ceramic Ornaments

A new line of ceramic ornaments with birthstones have been added to our inventory.
[learn More Here.](#)

In the end, time will change things. The intensity we experience when grief is new, where we can see nothing but our loss, and where every moment is filled with thoughts of the one who died will gradually diminish and become softer. Time forces the big picture of life back into our vision whether we like it or not. This happens in our lives all the time. Remember how when we first fell in love with someone, we were totally preoccupied with only that other person, until gradually a more balanced existence was restored. Or when we did (what we thought was) some terrible thing and we were sure everybody would never let us forget it, we came to find out a few months down the road that most people had forgotten the incident.

In the months (maybe years) following a loss, life will eventually start to re-emerge, and life on this planet will once again seem possible. This will not happen because we come to understand the death more clearly but because, with the passage of time, the unanswered questions will become easier to live with.

Time will not remove grief entirely. The scars of our grief will remain and we may find ourselves ambushed by a fresh wave of grief at any time. But needing to know the answers to the "why" questions won't seem quite so important as it once was.

Time is a gift that we have taken for granted. We've been given our lives one moment at a time.

This is good.

Peace to you.

[Pat Schwiebert](#) - Director, Grief Watch

Also from the newsletter...

MANAGING ANGER IN GRIEF

By Rev. John T. Schwiebert

Anger is recognized as a very natural part of the grief process. If one's loss has a clear cause—e.g. criminal negligence, or, as in our current national crisis, the action of a "terrorist,"--the anger will be focused on the perpetrator. If there is no clear human cause the anger may be directed at God, or at anything and everything.

The anger itself is healthy, but not if it leads to an obsessive and organized agenda of hatred and revenge.

The story is told of a Native American elder who was telling his grandson about his feelings following a recent loss. "I feel as if I have two wolves fighting within myself, one is hateful and vengeful, the other is loving and compassionate," he told his grandson.

"Which one will win?" the grandson asked.

"The one I feed," the grandfather replied.

The challenge for us when we experience anger in grief is how to feel the anger, without repressing it, yet not allowing the anger, and the desire for revenge, to consume us.

Reading the Psalms in the Bible can help us with this challenge. In many of the psalms, the writer gives vent to fierce anger. In *Psalm 137*, for instance, the psalmist addresses the nation that destroyed Jerusalem:

*"O daughter of Babylon, you devastator!
Happy shall they be who pay you back
what you have done to us!
Happy shall they be who take your children
and dash them against the rocks."*

These are very real and deep felt feelings. The important thing to note, however, is that they are offered in the context of prayer. For the psalmist is not actually proposing to carry out revenge as a means of assuaging grief. He is merely uttering the feelings in the presence of a God who understands and accepts how he feels.

NEW BOOKS



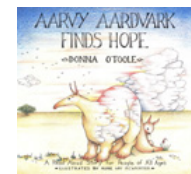
Angel Instead

By Pat Schwiebert
& Taylor Bills



Heart Works

By Jerre Petersen



Aarvy Aardvark

By Donna O'Toole,
Illustrated by
Kore Loy McWh



Swallowed By A Snake

By Tom Golden

We too may find it helpful to see prayer as a place where we can be honest about our anger, but also a place where we can leave our anger, allowing God to help us manage the anger and eventually to let it go.

Questions or comments? Please contact the author
Rev. John Schwiebert at <mailto:john@tearsoup.com>

To learn more about Metanoia Peace Community Please Visit Our Website at - <http://www.griefwatch.com/metanoia>

How Can We Help?

Tear Soup

Are you looking for [Tear Soup, a recipe for healing after loss?](#) Well you have found it! Please follow the links located here or on the top of this page.

Grief Watch Newsletter:

[Read our current or past issues here](#)

Conferences:

Would you like to attend a workshop or conference? Do you know of one we should let others know about? [Please Visit Our Conference Page.](#)

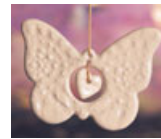
Support Groups

Would you like to find a support group in your area or online? Do you know of one we should let others know about? [Please visit our Support Group Pages.](#)

New Ceramic Ornaments

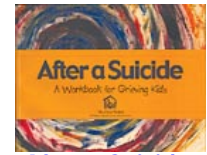


The Singing Heart



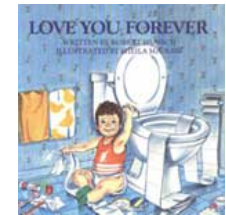
The Singing Butterfly

New handcrafted ceramic ornaments available only from Grief Watch! Learn More about these and other new ceramic ornaments we have available [HERE](#)



After a Suicide

A workbook for kids
By the Dougy Center

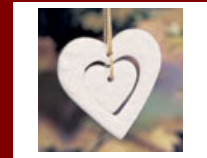


Love You Forever

By Robert Munsch
Illustrated by Sheila McGraw

FEATURED ITEM

The Remembering Heart



A Special Gift For A Friend In Need

Ask about how we can customize The Remembering Hearts for your organization

\$ 5. 50 ea.
plus shipping

ALSO AVAILABLE

The Love Stone



\$ 1. 00 each
plus shipping
minimum order (10)



InfantUrns.com

Infant Urns.
Beautiful handcrafted
urns to hold your baby's
ashes.

[Learn More Here](#)

[Home](#) | [Search](#) | [Current Order](#)

Copyright 1999 - 2006 Grief Watch. All rights reserved.
Contributing authors & artists retain all rights to their work.
Questions? Please contact: webmaster@griefwatch.com

Stages

Home

Home

Up

Information

Support

Resources

Site Map

The Authors

We've all experienced grief. We've all felt those intense rolling waves of emotion. But, do we all experience the same feelings each time we lose a loved one?

What Are The Stages of Grief?

Many people have tried to explain what grief is; some have even identified certain stages of grief.

Probably the most well-known of these might be from *Elizabeth Kubler-Ross'* book, "**On Death and Dying.**" In it, she identified five stages that a dying patient experiences when informed of their terminal prognosis.

The stages Kubler-Ross identified are:

- **Denial** (this isn't *happening* to me!)
- **Anger** (why is this happening to *me*?)
- **Bargaining** (I promise I'll be a better person *if*...)
- **Depression** (I don't *care* anymore)
- **Acceptance** (*I'm ready* for whatever comes)

Many people believe that these stages of grief are also experienced by others when they have lost a loved one.

Personally, I think of these definitions as emotional behaviors rather than stages, per se. I believe we may certainly experience some of these behaviors. But, I believe just as strongly, that there is no script for grief; that we cannot expect to feel any of our emotions in a particular set pattern. I do agree that acceptance is

probably the last emotion felt, and in some instances it may be the only one.

A lesser known definition of the stages of grief is described by *Dr. Roberta Temes* in the book, "**Living With An Empty Chair - a guide through grief.**" Temes describes three particular types of behavior exhibited by those suffering from grief and loss. They are:

- **Numbness** (mechanical functioning and social insulation)
- **Disorganization** (intensely painful feelings of loss)
- **Reorganization** (re-entry into a more 'normal' social life.)

I am better able to relate to this definition as it seems to more accurately reflect the types of behavior I have experienced and observed. Within these types of behavior might well be most of the feelings described in Kubler-Ross' writings as well.

Which List Is Right?

In my opinion, both of these lists, and many others that we've all seen, are all descriptive of some of the emotions and functions we go through when we lose a loved one.

I believe that grief, like so many other things in our complex lives, can't be reduced to a neat list with absolute definitions, timelines, strategies, goals, and completion dates. Would that it were so easy

Grief is as individual as those of us who feel it, and as varied as the circumstances of death which occur.

Will I Go Through Every Stage?

If a 98-year old grandfather died in his sleep I think there would be different stages of grief and loss experienced than if a two-year old child were run over by a car and killed.

If a person has had a long life, death is somewhat expected as the natural scheme of things. There will be emotions of grief and loss but they might be more for what *we* will miss.

If a young life is cut short unexpectedly, there may well be feelings of denial, anger, bargaining, depression, and in some cases acceptance.

Just as we have different emotional reactions to anything that happens in our lives, so too, will we experience grief and loss in different ways. I think the important thing to remember is that there is a wide range of emotions that may be experienced; to expect to feel some of them and to know that we cannot completely control the process.

When Will I Be Through Grieving?

Grieving used to be much more ritualistic than it is today. In generations past there were set periods of time when certain customs must be observed:

- **W**idows wore all black clothing for one year and drab colors forever after.
- **M**ourners could not attend social gatherings for months.
- **L**aughter and gaiety were discouraged for weeks or months.

Today we are unfettered by these restrictions and might even be confused about when we should be done grieving.

Actually, we'll probably never be done.

We'll never forget the person we grieve for. Our feelings may be tempered more with good memories than sadness as time passes, but that isn't to say that waves of raw emotion won't overcome us way after we think we should be done.

I think the trick here is to understand that the feelings will occur, try to keep them in perspective, try to understand why you feel a certain way, and if there are any unresolved issues that cause particular emotional pain, forgive yourself and others and if necessary talk with someone about it.

There is no completion date to grieving...let your emotions flow through the stages of grief.

Look through our
resources on
[grief and loss](#)

*By Judy Bear
First published in MSN Cancer Forum*

[[Home](#)] [[Up](#)] [[Grief Hurts](#)] [[Stages](#)] [[Emotions](#)]
[[Help](#)] [[Letting Go](#)]

Nothing in this site is intended to be medical advice
Please read [disclaimer](#)
Copyright © 1997 - 2006by author. All rights reserved

[SEND](#)
[US](#)
[MAIL](#)





The stages of dealing with grief

There are common stages an individual may experience during grief. Grief is the pain of not having the person who is gone. There is no right way or wrong way to grieve.

In one way or another, we are all affected by death. Losses are inevitable and are ever present in all lives. Death is universal. Grief is universal. We all must cope with bereavement at some stage in our lives. Even though death can be separated into two categories, long-term illness and sudden death, all death is sudden. The finality of death brings to those left behind a tremendous amount of emotional pain. Grief is not something abnormal; rather, it is a normal and inevitable step in our journey through life. Two simple definitions of grief are 1) the conflicting feelings caused by the end of or change in a familiar pattern or behavior. 2) a normal, natural and painful emotional reaction to loss. We can grieve not only for the passing of a human life, but also for the death of a relationship (divorce) or we can suffer the same emotional reactions over the loss of a beloved pet. Grieving is difficult because it involved many intense feelings – love, sadness, fear, anger, relief, compassion, hate, or happiness to name a few. Not everyone experiences all of these feelings but many in the grieving process experience several of them at the same time. The feelings are intense, disorganizing and can be long lasting. Grieving often feels has been described as drowning in a sea of painful emotions.

There are certain stages of grief. 1) Shock – Immediately following the death of a loved one it is difficult to accept the loss. A feeling of unreality occurs. During those first days and through any religious rituals or memorials there is a feeling of being-out-of-touch. 2) Emotional Release – the awareness of just how dreadful the loss is accompanied by intense pangs of grief. In this stage a grieving individuals sleeps badly and weeps uncontrollably 3) Panic - For some time a grieving person can feel in the grip of mental instability. They can find themselves wandering around aimlessly, forgetting things, and not being able to finish what they started. Physical symptoms also can appear -- tightness in the throat, heaviness in the chest, an empty feeling in the stomach, tiredness and fatigue, headaches, migraine headaches, gastric and bowel upsets. 4) Guilt – At this stage an individual can begin to feel guilty about failures to do enough

for the deceased, guilt over what happened or what didn't happen. 5) Hostility – Some individuals feel anger at what "caused" the loss of the loved one. 6) Inability to Resume Business-as-Usual Activities - the ability to concentrate on day-to-day activities may be severely limited. It is important to know and recognize that this is a normal phenomenon. A grieving person's entire being – emotional, physical and spiritual, is focused on the loss that just occurred. Grief is a 100% experience. No one does it at 50%. 7) Reconciliation of Grief – balance in life returns little by little, much like healing from a severe physical wound. There are no set timeframes for healing. Each individual is different. 8) Hope - the sharp, ever present pain of grief will lessen and hope for a continued, yet different life emerges. Plans are made for the future and the individual is able to move forward in life with good feelings knowing they will always remember and have memories of the loved one.

Grieving is difficult work. The following are some suggestions to help in navigating the journey through grief.

- Take time. Don't let others rush you into "getting over" your feelings.
- Don't make major decisions. The time of grief is a time of instability.
- Avoid the temptation to use alcohol or drugs to numb the painful feelings.
- Cry. Tears are the healthiest expression of grief. Don't try to hold back crying for the sake of others.
- Know that there will be good days and bad days. Pangs of intense grief can surface during holidays, significant events such as birthdays or anniversaries.
- Remember the loved one often and as much as you need to. Look at photographs, read old letters and retell your memories to friends and other members of the family.
- Seek people who will understand your need to talk about what happened. Seek out people who will really listen to your remembrances.
- Allow yourself time to heal. Pay attention to your health. Make sure you are getting enough sleep. Eat a healthy diet. Get outside in the sunshine for exercise or a mild walk.
- Ask for what you need from others. Accept what help they offer. Now is not the time to try to do everything by yourself.
- Seek out grief counseling if you feel you cannot cope alone. Grief counseling is

available through community resources, churches and licensed therapists. Join a grief support group. Local community papers will usually have listings. Use the Internet and join an electronic bulletin board dedicated to supporting individuals who have lost loved ones.

-Remember your grief is individual to you. Not everyone's grief is identical to yours. You will share some similarities with others, but grieving is a very personal and very individual process.

Death like any great wound leaves a scar. It may heal and the pain may ease but the mark is always there. But the memories of the loved one are always there also. The most important thing to remember is -- there is no right way or wrong way to grieve. People grieve in their own time and in their own way. The second most important thing to remember is – everything you feel during bereavement is normal. The third most important thing to remember is – if you feel you cannot cope with your loss alone, you don't have to. Seek help. Grief is the pain of not having the person who is gone. Through bereavement we learn to live without that person and in the words of St. John Chrysostorn, a bishop living in the fourth century: He whom we love and lose is no longer where he was before. He is now wherever we are.

Written by *Gerry Trickle* - © 2002 Pagewise

You are here: [Essortment Home](#) >> [Lifestyles & Relationships](#) >> [Lifestyles: Self-Help](#) >> [The stages of dealing with grief](#)

<< [Life Tips: Making Change Positive](#) [Domestic violence abuse survivor: healing](#)>>

DISCLAIMER: PLEASE READ - By printing, downloading, or using you agree to our full terms. Review the full terms at the following URL: <http://www.pagewise.com/disclaimer.htm>. Below is a summary of some of the terms. If you do not agree to the full terms, do not use the information. We are only publishers of this material, not authors. Information may have errors or be outdated. Some information is from historical sources or represents opinions of the author. It is for research purposes only. The information is "AS IS", "WITH ALL FAULTS". User assumes all risk of use, damage, or injury. You agree that we have no liability for any damages. We are not liable for any consequential, incidental, indirect, or special damages. You indemnify us for claims caused by you.

FAQs: This site is published by [PageWise](#), Inc. Would you like to [link](#) to this page? Reprint this article on your [website](#)? Reprint this article on [paper](#)? Want to [reference](#) this article in a paper, report, or presentation? Is there an [error](#) in this page? Do you have a follow-up [question](#) about this topic? Want to read our [Privacy Policy](#)? Read our legal/medical [disclaimer](#)?

