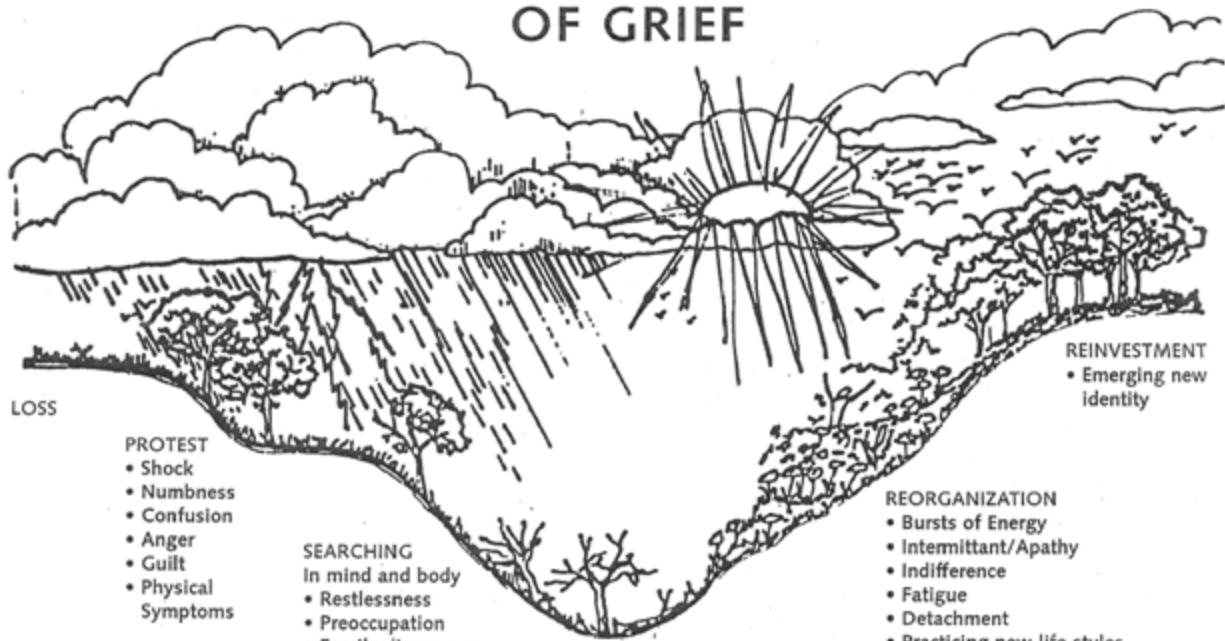


THE JOURNEY OF GRIEF



LOSS

PROTEST

- Shock
- Numbness
- Confusion
- Anger
- Guilt
- Physical Symptoms

SEARCHING

- In mind and body
- Restlessness
 - Preoccupation
 - Family dissonance
 - Lowered self-esteem

DESPAIR

- Agony
- Anguish
- Depression
- Aloneness
- Meaninglessness

REORGANIZATION

- Bursts of Energy
- Intermittant/Apathy
- Indifference
- Fatigue
- Detachment
- Practicing new life styles

REINVESTMENT
• Emerging new
Identity

Bill of Rights for the Bereaved

1. Do not make me do anything I do not wish to do.
2. Let me cry.
3. Allow me to talk about the deceased.
4. Do not force me to make quick decisions.
5. Let me act strange sometimes.
6. Let me see that you are grieving too.
7. When I am angry, do not discount it.
8. Do not speak to me in platitudes.
9. Listen to me, please!
10. Forgive me my trespasses, my rudeness, and my thoughtlessness.

Twelve Freedoms of Healing in Grief

1. You have the freedom to realize your grief is unique.
2. You have the freedom to talk about your grief.
3. You have the freedom to expect to feel a multitude of emotions.
4. You have the freedom to allow for numbness.
5. You have the freedom to be tolerant of your physical and emotional limits.
6. You have the freedom to experience grief attacks or memory embraces.
7. You have the freedom to develop a support system.
8. You have the freedom to make use of ritual.
9. You have the freedom to embrace your spirituality.
10. You have the freedom to allow a search for meaning.
11. You have the freedom to treasure your memories.
12. You have the freedom to move toward your grief and heal.