

## The Grief Recovery Method



### 43 Losses

There are 43 losses that can produce the range of emotions we call grief.

The long list includes

- Death
- Divorce or end of a relationship
- Loss of health
- Major financial changes
- Moving and many others

Grief is normal and natural by many of the ideas we have been taught about dealing with grief is not helpful.

### Moving Beyond Loss

If you have experienced one of more losses and you wish to move beyond the pain, this program offers you the probability of a richer and more rewarding life.

For more information about the program, contact:

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The Grief Recovery Method<sup>®</sup>  
by The Grief Recovery Institute<sup>®</sup>

***MANITOUWADGE***  
**FAMILY HEALTH TEAM**

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### Grief Support Group

***Action Program for  
Moving Beyond Loss***



# Grief



## The Definition

Simply defined, grief is the normal and natural reaction to significant emotional loss of any kind. While we never compare losses, any list would include death and divorce as obvious painful losses. Our list also includes many others: retirement, moving, pet loss, financial and health issues, etc.

The range of emotions associated with grief is as varied as there are people and personalities. There is no list of feelings that would adequately describe one person's emotions, much less an entire society.

Grief is individual and unique. As every relationship is unique, so are the feelings and thoughts each person will have about the relationship that has been altered by death, divorce, or for other reasons.

## The Problem

While grief is normal and natural, most of the information passed on within our society about dealing with grief is not normal, natural, or helpful. Grief is the **emotional** response to loss, but most of the information we have learned about dealing with loss is **intellectual**.

The majority of incorrect ideas about dealing with loss can be summed up in six myths which are so common that nearly everyone recognizes them. Most people have never questioned whether or not they are valid. The misinformation is best described in the following.

## Six Myths

- Time heals all wounds
- Grieve alone
- Be strong
- Don't feel bad
- Replace the loss
- Keep busy

Just looking at the myth that "time heals" creates the idea that a person just has to wait and they will feel better. We have known people who had waited 10, 20, 30 and 40 years, and still didn't feel better. And, we know that they would tell you that not only had time not healed them, but that it has also compounded the pain. The other five myths carry equally unhelpful messages.

## The Solution

Recovery from loss is accomplished by discovering and completing all the undelivered communications that accrue in relationships. We are all advised to "let go," and "move on" after losses of all kinds. Most of us would do that if we knew how.

Completion of pain caused by loss is what allows us to let go and move on. It is almost impossible to move on without first taking a series of actions

that lead to completion.

Before taking actions to complete, it is important to look at and often dismiss some of the ideas or myths that we have tried to use with loss, but which are not working.

## Safety and Correct Actions

The Grief Recovery Method®: Grief Support Group provides the correct action choices that help people move beyond the pain caused by loss. It is an eight week program that creates a safe environment in which to look at old beliefs about dealing with loss; to look at what losses have affected your life; and to take new actions which lead to completion of the pain attached to one of those losses.

## Safety and Correct Actions

The Grief Recovery Method®: Grief Support Group is not an occasional, drop in group. For the safety and success of all participants, commitment and attendance are essential.

The Grief Recovery Method®: Grief Support Group is led by Trena Roberts, who has been trained and certified by The Grief Recovery Institute®.