

RISING from the ASHES of GRIEF

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- I. Definitions-
 - A. Grief- Feelings of loss (sadness, yearning, etc.)
 - B. Mourning- Externalization of grief
 - C. Integration or Reconciliation Vs. Resolving grief
 - D. Expert (the griever himself/herself)
- II. Get Its vs Don't Get Its
- III. Boundaries
 - A. Containment vs. Protection
 - B. Phrasing/self-advocacy (When I experience____(behavior or event) , I feel____. I want/prefer_____ (or I will need to _____)
- IV. Mental responses to questions like "How are you?" (good days plan a, bad days plan B, also how to answer how many children do you have
- V. *Woulda, couldas, shouldas* are common reactions
- VI. Time table- for grief is a myth (integrate grief into living)
- VII. Variations of grief responses
- VIII. Realize "*Grief-Bursts*" happen and are natural
- IX. Emotional fill-ups- need to do these!
- X. Changes our identity
- XI. Summary
 - A. Grief is a painful, life-changing event....but also a time of growth
 - B. YOU are the expert in your grief
 - C. Cultivate/find your tribe
 - D. Establish boundaries/self-advocate
 - E. Go *toward* grief (as opposed constantly avoiding grief)
 - F. Discover what gives you new meaning and integrate that into your life(this may take some time and work)
 - G. Grief is a journey, not something that is "done" and over

