



# Coping with loss

SAMPLE



Dr Lucy Hone &  
Dr Denise Quinlan

FACING THE DAY



# FACING THE DAY

*Welcome to our world.*

Welcome to the community you never wanted to be part of...

We're so so sorry you're here, but glad you've found us.

Well done you for taking action.

The worst has happened; you cannot imagine ever getting through this.

How quickly and permanently our lives can change.

You may be feeling a whole jumble of things - numb, confused, shocked, trapped, yearning to go back in time, for the return of whomever it is you have lost, and experiencing utter disbelief that this has happened at all.

Right now it's hard to fathom where you are and how you will keep going. We can reassure you that recovery is possible, and that you can continue to live while you grieve.

This course will help you to sort the helpful advice from the common myths and misconceptions about grief, and reassure you that resilience and recovery are possible for you, despite how you feel right now.

As resilience researchers, we share the most useful scientific findings, providing you with practical tools to reduce the helplessness, and leave you feeling more in control and hopeful about the future. We know your life will never be the same, but we also know that we can teach you how to survive this loss - while never forgetting those you love so much.

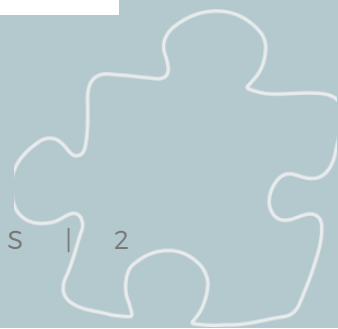




# Coping with loss



STEP 1: I AM HERE






## Welcome to your community.

You're trying to find answers and all the advice you're given doesn't seem to help. We know because we've been there too!

In the video accompanying this Step, Lucy looks back on her earliest days of grief after losing her daughter, Abi, which provided the initial impetus for all our work on grief.



*"When I lost my 12-year-old daughter, Abi, in a tragic road accident, I quickly became frustrated with the standard grief advice. I knew about the Five Stages of Grief but I didn't need to be told how awful I was going to feel - to hear about the five stages of grief that I was going to have to pass through - all I wanted was hope and to know we were doing everything humanely possible to survive her loss. The passive tone and 'victimology' of so much of the typical grief advice just didn't work for me. I wanted to be an active participant in my grief process, not left on the sidelines waiting for the five stages to happen."*



At a time when it's easy to feel overwhelmed and helpless, many of our clients tell us how desperate they are to help themselves grieve. Our work responds to the thousands of people, like you, who quickly develop a hunger for tools to help them cope better with bereavement. In our experience, what they need most is hope and actionable tools. You can meet more of them in our Coping With Loss community on FB <https://www.facebook.com/groups/cwlcommunity>

In the community you'll find people who truly get you - it provides hope, and reassurance that there is nothing wrong with taking a proactive approach to handling your grief, and plenty of ideas on how to do so. We are looking forward to welcoming you there.



## STEP ONE'S JIGSAW PIECES OF GRIEF



In our resilience work, we have adopted the idea that the ways of thinking and acting that help us adapt to loss, challenge and change can be thought of as lots of different jigsaw pieces.

When you lose someone you love, life as you know it gets smashed apart. In many ways, the process of adjusting to bereavement is about putting the pieces of your life back together again, over time.

In each Step of this course, we will share different jigsaw pieces of grief to help you rebuild your life again.

These are ways of thinking, acting, and being that we've tested over many years and seen help people like you come to terms with their loss.



As you journey through grief, and listen to our videos, answer our reflection questions, and talk to others, notice which jigsaw pieces work for you. Which ones resonate? Which ones don't?

Given we all grieve differently, and your overarching goal is to survive this loss, it is your job to work out what works for you.

Be patient, give the tools (jigsaw pieces) a go, try things, learn from others and please share your own ideas among the Coping With Loss Community. We can all learn from each other!



# Coping with LOSS

Thank you for reviewing our free sample of **Facing The Day**.  
If you're ready to start your healing, purchase the course at  
[www.copingwithloss.co/facing-the-day](http://www.copingwithloss.co/facing-the-day) or select the button below.

I'm ready to take action

Click here to join our Coping With Loss community