

Option 1

Which definition seems to fit your **PERSONALITY**, prior **grief experiences**, or just **FEELS RIGHT** for you today?

"The therapeutic slogan is that grieving is the 'healing feeling.'" John Bradshaw

"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve." Earl Grollman

"Healthy grief is the process of completing what has been left emotionally unfinished by the death of someone who is important to us." Adapted from Russell Friedman, *Grief Recovery Method*

"Grieving is simply the result of loving someone and grieving begins when that someone is or soon will be gone from our earthly life. To avoid grieving, you simply avoid loving, for to love someone is to someday grieve for them. Grieving lasts a lifetime and though painful at first, eventually finds a place in our lives as did our love for them. Simply put, grieving is an expression of loving someone who is no longer present in our life." Bonnie Coit

"Grieving is the natural way of working through the loss of a love. Grieving is not weakness nor absence of faith. Grieving is as natural as crying when you are hurt, sleeping when you are tired or sneezing when your nose itches. It is nature's way of healing a broken heart." Doug Manning

Option #2

Healthy grief is NOT:

- Predictable
- The same for all
- A stage to get over
- To be avoided
- Only emotional

VS

Healthy Grief IS:

- Messy, random & unpredictable
- Unique for you
- A process of moving forward
- Intentional actions and thoughts
- Involves the whole person

Rate your grief and loss experiences

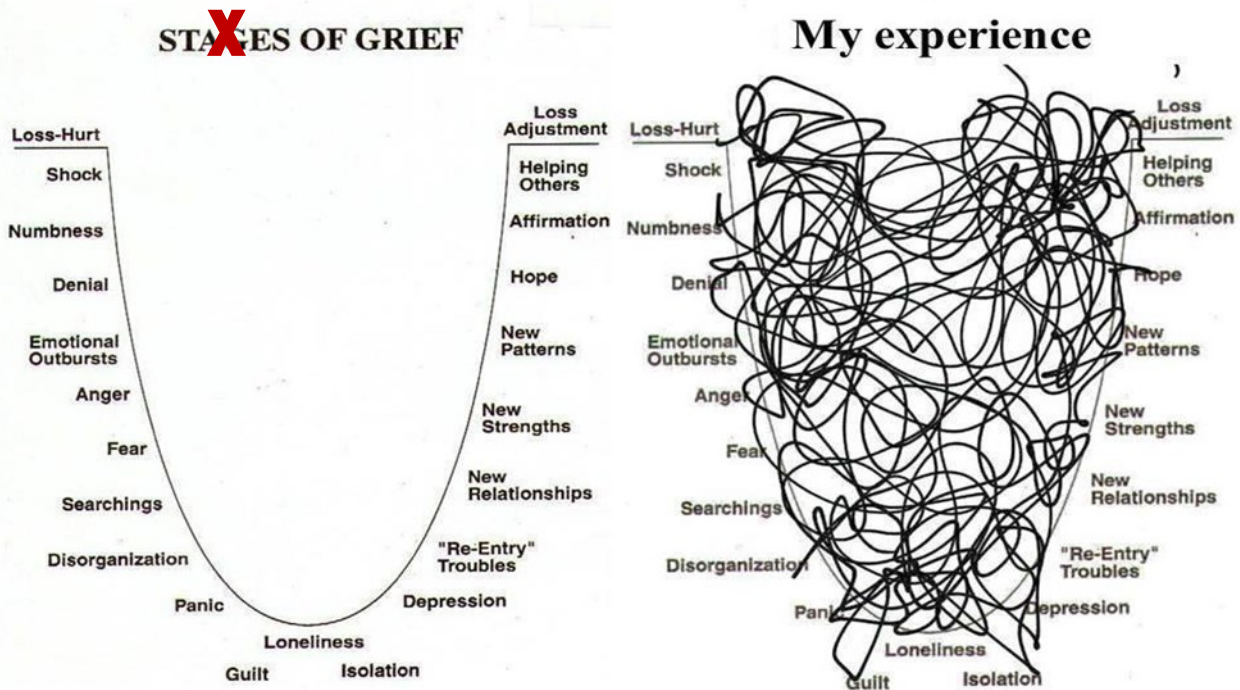
1 meaning this is your first loss/grief to 5 meaning you have a life time of losses and grief

1 2 3 4 5



Defining Grief

When you look at the illustration below, how does it explain some of the ways your grief has been for you?



Option 3

This segment has been all about finding a grief definition that resonates with you. You may wish to read *Comfort for the Day* pages 5-7 (or more if you wish) to help you confirm your definition of grief. Write it here then share your conclusion with your friends, family or group.



Defining Grief

Option #4

- ¹ You have searched me, Lord,
and you know me.
- ² You know when I sit and when I rise;
you perceive my thoughts from afar.
- ³ You discern my going out and my lying down;
you are familiar with all my ways.
- ⁴ Before a word is on my tongue
you, Lord, know it completely.
- ⁵ You hem me in behind and before,
and you lay your hand upon me.
- ⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.
- ⁷ Where can I go from your Spirit?
Where can I flee from your presence?
- ⁸ If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
- ⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,
- ¹⁰ even there your hand will guide me,
your right hand will hold me fast.
- ¹¹ If I say, "Surely the darkness will hide me
and the light become night around me,"
- ¹² even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
- ¹³ For you created my inmost being;
you knit me together in my mother's womb.

Psalms 139 NIV

Even if the Bible is not on your current reading list, this piece is a beautiful poem that considers the possibility the God of the Universe is very aware of you and interested in you. You may wish to write a response as it relates to your grief.
