

# Simplifying Grief, Using Analogy and Common Examples of Life

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Grief is an expansive human condition; one's emotional batteries are constantly being drained because of the increase in its intensity, range and volume.

Helping those who are grieving understand the breadth, width and depth of grief may allow more self-acceptance of where they are in the journey, rather than distract themselves with worrying about where they are not.

# Grief Process=Analogy of Broken Leg



1. Initially, pain is so severe that I'm not aware of my other leg. I embrace the pain, scream out, close my eyes and go inward.
2. After some time, when pain is more manageable I get my wits, and assess my situation (try to stand).
3. After healing process is underway, I begin to put more weight upon it and begin using it, but now am more aware of what happened.
4. As healing continues, I gain confidence and use of the injured leg, and integrate what has occurred to what is occurring.

# Physical wounding, emotional wounding

When anyone sees a significant physical wound on another human, many times the thought “Ouch, that’s going to take awhile to heal” passes through one’s mind.

Emotional wounds don’t always get the same kind of respect; sometimes even the individual that is grieving expects healing to come sooner. Both require intentional care to heal effectively.

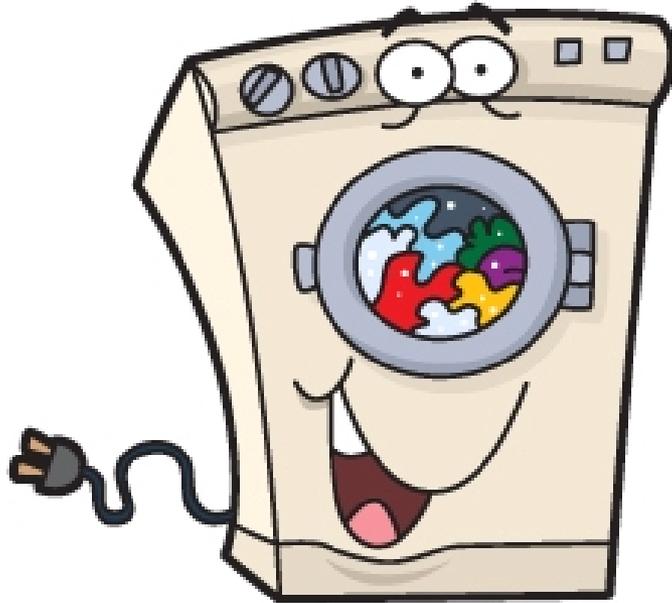
Effective grieving= Analogy of what it takes for a physical wound to heal properly.

1. Wounds usually heal more effectively with intentional care.
2. No one can make a wound heal; rather, an environment is kept for healing to occur.
  - I. The wound is kept clean & dressed
  - II. Adequate support helps with stabilization
3. Protect the wound from avoidable additional risks/injury.

Understanding that healing occurs little by little, especially after care giving= Analogy of bowl vs colander



# Need for safe expression=Analogy of having too many clothes in a clothes dryer



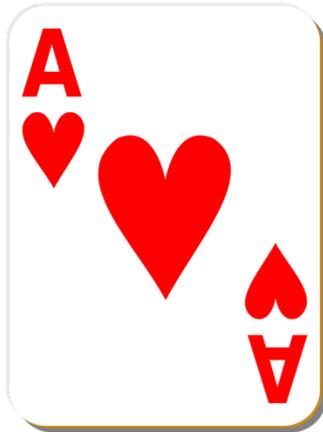
Why don't the clothes dry?  
There's energy  
being applied, there's  
movement and heat...  
What's missing?

*Space is needed for processing to occur!*

# New Normal= Analogy of chrysalis stage in a butterfly's development



When bereaved question why their grief is not yet reconciled=Analogy of a single card compared to an entire deck



Complexity of Grief=Analogy of discovering you are lost, late, and you need fuel.



# Questions & answers

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