

GRIEVING

> Impact of Loss: *The Grieving Process*

A loss, whether due to a death or the end of a relationship, can be traumatic. Recovery is a slow and an emotionally painful process. Learn to accept your loss and believe in yourself. Believe that you can cope with tragic events. Let your experience be a psychological growth process that will help you deal with future stressful trials of life.



Watch a movie,

Reign Over Me- This movie deals with traumatic loss of loved ones and starting over in life.



Stages of grief:

DENIAL AND SHOCK

At first it may be difficult for you to accept the loss of a loved one or classmate. As a result you will deny the reality of death or loss. However, this denial will gradually diminish as you begin to express and share your feelings about death and loss with other students or friends.

ANGER

During this stage the most common question asked is "why me?" You are angry at what you perceive to be the unfairness of death or loss and you may project and displace your anger onto others. When given some social support and respect, you will eventually become less angry and able to move into the next stage of grieving.

BARGAINING

Many people try to bargain with some sort of deity. They may attempt to bargain and offer to give up an enjoyable part of their lives in exchange for the return of health or the lost person.

GUILT

You may find yourself feeling guilty for things you did or didn't do prior to the loss. Forgive yourself. Accept your humaness.

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