

# THE JOURNEY OF GRIEF

## *Elements for Healthy Grieving*

*These elements of healthy grieving describe the journey of grief, and how to experience emotional pain in a healthy way. Each person's journey through grief is unique. Measure your success at facing each one and determine what is needed to move forward.*

- **Accept the reality of the loss;** prepare to experience emotional pain
- **Feel the feelings** normal with your loss; express & release emotional pain; celebrate happy memories; refuse to stuff your emotions
- **Take care of yourself** in every way along the journey - physically, mentally, spiritually, relationally, and emotionally
- **Adjust to the new reality** created by the loss experience; relearn to live in the world
- **Remember the good** about who or what you have lost; you choose your point of focus
- **Develop a new self-identity** based on life after loss
- **Relate your loss to a context of meaning;** grief is a spiritual journey; a reexamination of core truths, values, passion, purpose & goals
- **Reinvest in life** and go on living and loving after loss

Based on the work of Alan Wolfelt and William J. Worden; edited by Karl J. Shackelford

