



### WORKING THROUGH THE PAIN OF GRIEF



It is necessary to acknowledge and work through this pain or it will manifest itself through symptoms or forms of unhelpful behaviour.



As a bereaved person we endure the pain of grief in order to get the grief work done.



**Anything** that continually allows us to avoid or suppress this pain, can be expected to prolong the course of mourning (e.g. inappropriate or overuse of medication, alcohol or drugs).



Not everyone experiences the same intensity of pain or feels it in the same way, but it is impossible to lose someone/something you have been deeply attached to, without experiencing some level of pain.

### THINGS THAT HELP



Realising and acknowledging that there is an end to the pain **if** it is worked through and not denied.



Exploring any ambivalent feelings about the deceased. Realising that negative feelings don't preclude the positive ones and vice versa.



Knowing that to cry and express emotion is a **normal, natural and necessary** part of grieving.



**Distracting someone from their grief is unhelpful** - it gives us messages like "you're only feeling sorry for yourself" - or "you don't need to grieve". Instead, we need time, patience and a good ear, we may need to talk about how we feel/what happened, many times.

