

GRIEF & LOSS

Grief can obviously be related to death, however, there are various events and situations in life that cause us to experience different types and intensities of grief.

Grief: *The normal process of reacting to a loss. The loss may be physical (such as a death), social (such as divorce), or occupational (such as a job). Emotional reactions of grief can include anger, guilt, anxiety, sadness, and despair.*

Some have said, *“Grief is the feeling of reaching out for someone who’s always been there, only to discover when I need her/or him one more time, she’s no longer there.”*

We can experience grief over a painful situation; as when a long-term relationship has never been good, in which case a definition of grief might be stated as, *“Grief is the feeling of reaching out for someone who has never been there for me, only to discover when I need them one more time, they still aren’t there for me.”* In that situation, it doesn’t imply that the other person has died, but is still emotionally or otherwise unavailable, as they’ve always been.

Lastly, in the case of divorce, it can be restated as: *“Grief is the feeling of reaching out for someone who had been there for me at one time, only to discover that I can’t go to them for help or comfort anymore.”*

THE 5 STAGES OF GRIEF INCLUDE: Denial &/or Shock, Anger, Bargaining, Depression and Acceptance.

Whenever we face loss, we experience grief. The responses we have as we grieve are unique to each individual. Our grief is as unique as those people and things for which we mourn. The stages of grief are simply tools to help us identify what we are feeling.

Not everyone experiences each of these stages, and they don’t always happen in order. More often than not, each of these emotions comes at different times in different intensities. Frequently we experience a hive of feelings -anger, guilt, anxiety, and sadness – all at the same time.

PHYSICAL REACTIONS may include back, neck & muscle pain, headaches, dry mouth, stomach pain, diarrhea, constipation, weight loss, fatigue, restlessness, chills, sweats, chest pains, difficulty breathing, nightmares and crying.

MENTAL & EMOTIONAL REACTIONS may include confusion & disorientation, forgetfulness, anxiety, agitation & frustration, inability to concentrate or make decisions, shock & emotional numbness, guilt & regret.

LIFE AFTER LOSS

Think about your loss. Explore memories as they come up. The repetition of painful memories helps flush out and process the strong emotions attached to them.

Expect highs & lows. The grieving process is like a rollercoaster of ups and downs and zig zag patterns. Be patient with yourself.

Talk about your loss. You may need to tell the same stories over and over. You may need to talk about your losses for a long time, but wonder if anyone wants to hear it anymore. Celebrate Recovery is a place where you will always have the opportunity to be heard. Write about your loss. Writing helps you identify emotions. Words can constructively channel fear and pain and can create a record of your progress. Keeping a journal can be a powerful tool for healing.

Cry about your loss. Learn to trust your need to cry or not cry. There will be both wet spells and dry spells while you are grieving. Tears aren’t a sign of weakness or loss of control. Tears can relieve pressure. CR is a safe place to cry; a safe place to take off your mask.

Make space for your loss. Respect your need to make time to grieve. Be cautious of becoming overly busy.

Take care of your health. Drink more water and try to eat healthy meals. Take naps and try to truly rest your body and mind. Exercise can release a surprising amount of tension, anger and frustration. Get outside and enjoy the fresh air! Be kind to yourself.

Avoid condemnation and self-pity. Avoid withdrawal and isolation. Condemnation and self-pity make you feel worse. It’s important to acknowledge all emotions and seek ways to draw away from those that are damaging, especially if they linger and cause you to get stuck. Withdrawal and isolation are self-defeating and will reinforce negative feelings, aggravate problems and delay healing.

Tap into healing resources. You may feel like your life is out of control. You may question your purpose and place in your new life. You may question God’s goodness &/or sovereignty which may cause intense anger, hostility and bitterness. Commit to attending CR, Open Share, Step Study and/or Grief Share groups weekly to openly process these thoughts and emotions.

Keep moving forward. Seek progress not perfection. Keep doing the next best thing, one step at a time. You may always have a scar on your heart but the pain of grief will mellow over time. Choose to believe there IS life after loss.

Small Group Guidelines:

1. Please keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3 to 5 minutes.
2. No cross talk please. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not 'fix' one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

*~ There is Always HOPE for Healing from
all of life's Hurts, Habits & Hang-ups ~*

We Meet Every Monday

5:30-6:15 pm	Dinner in Hillside Café
6:30-7:30 pm	Large Group Meeting (Worship, Lesson or Personal testimony)
7:30-8:20 pm	Open Share Small Groups
8:30-9:00 pm	Cross Talk Café (Fellowship, coffee, dessert)

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The Problem and Solution



CELEBRATE RECOVERY

EVERY MONDAY NIGHT
HENDERSON HILLS BAPTIST CHURCH
1100 E. I-35 Frontage Rd., Edmond
405.513.7472
www.moj.com/recovery