

Remember What Grief Is

Grief is painful

The pain of losing someone you cared about, who played an important role in your life, is very hard to describe. It feels like we are all alone in our pain, but as we go through the grief process, we learn that others have been through similar pain.

Grief is natural

It is an emotional response to the loss of someone important to us. Everyone grieves. Everyone loses people and things they care about, at some time in their lives. Right now, this does not matter to you; you are concerned with your own pain, and that's as it should be.

Grief is a process

Like any process, grief takes time to work through. And it can't be hurried. While you feel that you can't stand this pain, you can get through this in time. However, it takes some people more time than others. In any case, your grief will eventually subside, so take the time you need.

Grief is healing

Grief is a painful, natural healing process. If we treat it as a natural process, then we are more likely to come through feeling stronger. If we treat grief as unnatural, as a "disease", then we are likely to try to "overcome" grief by overmedicating, overworking, overeating, or overdoing in some other way. Because it is a natural process, grief must be allowed to work itself out.

Excerpted from "7 Things to Remember When Someone You Love Has Died" by Pick Conner