

Living Through Loss Counselling Society of BC

#206-1651 Commercial Drive Vancouver, BC V5L 3Y3

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THE GRIEF PROCESS

Grief is unique to each individual; there is no one size fits all in working with grief. Grief is a process a there is no set timeframe from start to finish. Grief takes as long as it needs to take. It comes in waves that at times seem like it will knock you off your feet with its intensity. Greif also brings feelings to the surface you may have not felt before, or it may resurrect painful feelings from the past.

To heal we need someone to share our grief with and sometimes you need to reach out for this type of help.



The schematic depicts the grief process that will be experienced multiple times during the healing process.

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Response on the Grief Process – understanding human behaviour			Things that can help – supportive strategies		
THINKING	DOING	FEELING	PHYSIOLOGY	COPING MECHANISMS /AVOID LOSS BY:	RESPONSES THAT ARE HELPFUL
<ul style="list-style-type: none"> -Denial -Disbelief -Confusion - Lack of concentration - Forgetfulness -Revisiting event - Negative thoughts - Suicidal thoughts - Disorganized -Dreams -Memory loss 	<ul style="list-style-type: none"> -Crying - Isolating -Searching -Restlessness -Neglecting self -Neglecting obligations -Talking -Remembering -Sighing -Keeping busy or isolating -Lack of interest -Motivation 	<ul style="list-style-type: none"> -Numbness & shock -Denial -Sadness/anguish -Yearning -Emptiness -Preoccupation with the lost person -Mystical experiences -Loneliness-for the person lost, & because of grieving alone - Feeling abandoned -Helplessness & feeling out of control/vulnerable -Regrets -Feeling cheated, angry & irritable -Transformation of values & belief 	<ul style="list-style-type: none"> -Changes in appetite & sleeping -Headaches -Lowering of the immune system -Heart palpitations -Queasiness -Fainting -Heightened sensitivity to scent, noise, activity -Stomach & chest pain -Panic attacks -Tightness in chest -Allergy prone -General malaise -Fatigue -Accident prone -Lack of sexual interest 	<ul style="list-style-type: none"> - Drugs - Alcohol - Risk taking behaviour - Regression - Projection - Denial - Intellectualization - Replacing lost person - Using distracting behaviours 	<ul style="list-style-type: none"> -Be present listening, sitting, touching, etc -Help in practical ways -Help meet daily needs of griever -Expect intense feelings -Encourage: <ul style="list-style-type: none"> + Going for a medical exam, + positive self talk, + healthy eating +and, relaxation via meditation, breathing, exercise -Foster independence -Allow time for a new identity to develop