

## The Process of Grief

Grief is not an illness to be treated. It is a human process to be experienced.

Grief is a **normal** reaction to any kind of loss

Grief is experienced many times over the course of our lives.

Grief is ongoing, ever-changing, and unique to each person and circumstance. It is not based on stages.

The four major ongoing tasks of grief:

- a. Understanding that the loss has occurred and cannot be reversed.
- b. Experiencing the feelings associated with the loss.
- c. Adjusting to an environment in which the deceased is missing.
- d. Emotionally relocating the deceased (continuing the bond) and re-investing in life.

**Feelings are our feelings, they are not good or bad. They are just the way we feel.**

