

Hope
After
Loss

Presented by:



ARBOR
HOSPICE

Borrowed Hope

~By Eloise Cole Scottsdale, Arizona~

Lend me your hope for awhile,
I seem to have mislaid mine.

Lost and hopeless feelings accompany me daily.
Pain and confusion are my companions.
I know not where to turn.

Looking ahead to the future times
Does not bring forth images of renewed hope.
I see mirthless times, pain-filled days,
and more tragedy.

Lend me your hope for awhile,
I seem to have mislaid mine.

Hold my hand and hug me,
Listen to all my ramblings.
I need to unleash the pain and let it tumble out.
Recovery seems so far distant,
The road to healing a long and lonely one.

Stand by me. Offer me your presence,
Your ears and your love.
Acknowledge my pain, it is so real and ever present.
I am overwhelmed with sad and conflicting thoughts.

Lend me your hope for awhile.
A time will come when I will heal,
And I will lend my renewed hope to others.

THE SIX NEEDS OF MOURNING

Need # 1 Acknowledge the Reality of the Death

You must gently confront the difficult reality that someone you loved is dead and will never be physically present to you again. At times you may push away the reality of the death. This is normal. You will come to integrate the reality in doses, as you are ready.

Need # 2 Embracing the Pain of the Loss

It is easier to avoid, repress or push away the pain of grief than it is to confront it. You will probably need to “dose” yourself in embracing your pain. If you were to allow in all the pain at once, you could not survive.

Need # 3 Remembering the Person Who Died

When someone loved dies, that person lives on in us through memory. To heal, you need to actively remember the person who died and commemorate the life that was lived.

Need # 4 Developing a New Self-Identity

Part of your self-identity was formed by the relationship you had with the person who died. The way you defined yourself and the way society defines you has changed. You confront your changed identity every time you do something that used to be done by the person who died.

Need # 5 Searching For Meaning

When someone loved dies, we naturally question the meaning and purpose of life and death. “Why?” questions may surface uncontrollably and often precede “How?” questions. “Why did this happen?” comes before “How will I go on living?”

Need # 6 Receiving Ongoing Support From Others

As mourners, we need the love and understanding of others, if we are to heal. Grief is a process, not an event, and you will need the continued support of your friends and family for weeks, months, and years.

Developed by Alan Wolfelt, Ph.D.



GRIEF: THE PRICE WE PAY FOR LOVE

Grief is a **NATURAL** and **NORMAL** reaction to loss...loss of any kind. It is physical, emotional, spiritual and psychological response. The death of a loved one is perhaps the most devastating loss one may experience. Yet, grief occurs following any change in our lives. Even positive changes can bring a momentary grief response.

Grief is a complex process, guided by our past experiences, our religious beliefs, our socio-economic situation, our physical health and the cause of the loss. *Love, anger, fear, frustration, loneliness and guilt* are all part of grief. It is important to understand that grief is **NOT** a sign of weakness or a lack of faith. **GRIEF IS THE PRICE WE PAY FOR LOVE.**

Anger and guilt are common emotions. You may feel angry with God, your spouse, your children or with others, either involved or totally separate from the death. You may be angry with yourself. Guilt feeling often accompanies or follows anger. You may want to withdraw and be left alone.

Depression, feelings of emptiness or hollowness may temporarily overcome you. You may experience headaches, tightness in the throat or chest, muscle aches, or a burning sensation in your stomach. Grief hurts!! You may, for a while, become preoccupied with images of your loved one. You may “see” or sense your loved one’s presence. You may begin to wonder if you are going crazy.

You can help yourself through grief.

1. Acknowledge the loss.
2. Accept the pain of grief. Try to live through it, not avoid it.
3. Share your thoughts and feelings. Find compassionate listeners. You can talk more than one person can listen!
4. Understand that each person has an individual timetable for grief. Each person grieves separately and differently. We each move through grief at our own pace.
5. Find your sense of humor. Try to hang on to it!
6. Get some physical exercise. If nothing else, jog your memory.
7. Learn to hug again.
8. Accept yourself. Begin to understand you are someone new. Acknowledge that change.
9. Begin to become the person you already are...
10. Remember, though death comes, **LOVE NEVER GOES AWAY!!!!!!**



THE MOURNER'S CODE: TEN INALIENABLE RIGHTS AS YOU JOURNEY THROUGH YOUR GRIEF

1. You have the right to experience your own unique grief.
2. You have the right to talk about your grief.
3. You have the right to feel a multitude of emotions.
4. You have the right to be tolerant of your physical and emotional limits.
5. You have the right to experience “griefbursts.”
6. You have the right to make use of ritual.
7. You have the right to embrace your spirituality.
8. You have the right to search for meaning.
9. You have the right to treasure your memories.
10. You have the right to move toward your grief and heal.

Reprinted from: *The Journey Through Grief; Reflections on Healing*
By *Alan D. Wolfelt, Ph.D.*



The ABCs of Grieving

Acknowledge the loss

Balance time with self and time with others

Crying

Discovering new identity and purpose

Express your feelings

Forgiveness

Goals – short term

Have hope

Indulge yourself safely

Journal

Know your own limits

Learn about the grief process

reflect on **M**emories

realize you are **N**ormal

Open your heart

Prayer and **P**atience

Quiet time

Recieve hugs

Sleep and rest

Take care of yourself

Utilize supports and resources

Value loved ones

Watch for warning signs

eXpect

You are different

Z - zero in on the future (gently)



Hope

By *Catrina Gainey*

~In memory of losing a love relationship~

*One must hold on to hope;
Without it,
Reasons for living become very few.
One must hold on to hope;
Even when the days are darkest,
The hours the longest,
When the heart aches the heaviest,
And promises that were made never come true,
One must hold on to hope,
For without it,
There would be no need to find faith
In the midst of a situation
That is devastating!
We would not want to get out of bed in the morning,
Or dream of loving...loving...loving...
No, one must always hope.
Sometimes...
That's the only thing that keeps us alive.*