

TASKS OF HEALING FROM A LOSS

Four tasks are related to the work of grieving.
Personal growth and healing are built on these tasks.

1. **ACCEPTING THE LOSS** is the starting point for the work of grieving. Accepting the loss refers not only to intellectual acceptance, but to emotional recognition. Intellectual acceptance occurs as a person emerges from *shock*. The full emotional acceptance may take longer and occurs as the other tasks are being accomplished.
2. **FEELING THE FEELINGS** is counter-intuitive for most people. Most people would rather deny feelings, push them aside, distract themselves and/or 'stuff them instead of experiencing the full weight of any uncomfortable feelings. Experiencing feelings is essential to the healing process. This is a primary task during *disorganization*.
3. **ADJUSTING** relates to learning to live without the presence of a loved one. Reorganizing one's life without the deceased depends on the nature of the relationship and role with the deceased. We associate this process with the stage of *reorganization* along THE HEALING PATHWAY.
4. **MOVING FORWARD** is when we notice that the grieving person has been able to adjust in a way that allows for personal growth. Moving forward does not imply forgetting. It is recognition of living life fully, being grateful for the loved ones and all that we do have, with a genuine capacity for joy, in a newly constituted way and formulating a vision for the future. This coincides with the concept of *NEW REALITY (NORMAL)*.