

The following information is taken from resources provided by:

'Living Through Loss Counselling Society of BC'

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PHASES OF GRIEF DUE TO VIOLENT DEATH

PHYSICAL SYMPTOMS IN BOTH EVASION AND ACUTE GRIEF	EVASION OR SHOCK	ENCOUNTER OR ACUTE GRIEF	RECONCILIATION OR REINTEGRATION
<ul style="list-style-type: none"> • Panic/heart palpitations • Queasiness • Fainting • Dizziness • Hollowness in stomach • Tightness in chest • Hysterical laughter • Crying • Depression • Stomach and chest pain • Headaches • Sensitivity to noise • Sighing • Shortness of 	<ul style="list-style-type: none"> • Shock • Denial • Numbness • Disbelief • Bargaining 	<ul style="list-style-type: none"> • Disorganization • Confusion • Searching, pining • Restlessness • Memory Loss • Clumsiness • Lack of motivation • Guilt/remorse/shame • Emptiness, sadness • Dreams • Suicidal thoughts • Assessing culpability • Self-evaluation • An overwhelming need for information about circumstances surrounding the death and the depth of the victim's suffering • Stigmatization/victimization • Lack of privacy 	<ul style="list-style-type: none"> • The ability to organize and plan for the future • Being open to change in one's life • The establishment of new and healthy relationships

<p>breath</p> <ul style="list-style-type: none"> • Difficulty sleeping or eating • Hallucinations • Lack of sexual interest • Fatigue • Immune system breakdown 	<ul style="list-style-type: none"> • Anxiety about one's own safety • Loss of control • Sense of isolation/and misunderstanding • EXPLOSIVE EMOTIONS ie. hate, blame, terror, revenge, jealousy
<ul style="list-style-type: none"> • Beneath these feelings are pain, helplessness, frustration, fear and hurt because of wanting to restore things to the way they were. • When death has occurred due to a homicide, the explosive emotions are even more intense and usually prolonged due to a lengthy legal process and the intrusion of the press and public. 	

THE GRIEF PROCESS

Your own unique grief is the most important grief to you. Grief is a process and there is no time frame. It takes as long as it needs to take. It comes in waves that at times seems like it could knock you off your feet with its intensity. Feelings surface that you may not have felt before, or it may resurrect painful feelings from the past.

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

**LOSS SHOCK /
EVASION**

**RE-INTEGRATION
or
RECONCILIATION**



ACUTE GRIEF

This is only one model of the grief process. As you can see there is not short cut from the onset of the loss to re-integration. It takes time and energy. We can however, become active during this process, so we don't feel like helpless victims at the mercy of our grief.

EXPECTATIONS OF GRIEF

FOLLOWING IS A LIST OF APPROPRIATE EXPECTATIONS THAT YOU MAY HAVE WHILE EXPERIENCING GRIEF. YOU CAN EXPECT THAT:

1. Your grief will take longer than most people think.
2. Your grief will take more energy than you would have imagined possible.
3. Your grief will go through many changes and continuous development.
4. Your grief will show itself in all spheres of your life — psychological, social, and physical.
5. Your grief may depend upon how you perceive the loss.
6. You may grieve for many things both symbolic and tangible; not just the death alone.
7. You may grieve for what you have lost already as well as what you have lost in your future.
8. Your grief may entail mourning not only for the actual person you lost but also for all of the hopes, dreams, and unfulfilled expectations you held for and with that person, and for the needs that will go unmet because of the death.
9. Your grief may involve a wide variety of feelings and reactions, not solely those that are generally thought of as grief, such as depression and sadness.
10. The loss may resurrect old issues, feelings, and unresolved conflicts from the past.
11. You may have some identity confusion as a result of this major loss and the fact that you are experiencing reactions that may be quite unfamiliar to you.
12. You may have a combination of anger and depression, such as irritability, frustration, annoyance, or intolerance.
13. You will feel some anger and guilt, or at least some manifestation of these emotions.
14. You may have a lack of self-concern.
15. You may experience grief spasms; acute upsurges of grief that occur suddenly without warning.
16. You will have trouble thinking (memory, organization and intellectual processing) and making decisions.
17. You may feel as if you are going crazy
18. You may be obsessed with the death and preoccupied with the deceased.
19. You may begin a search for meaning and may question your religion and/or philosophy of life.
20. You may find yourself acting socially in ways that are different from before.
21. You may find yourself having a number of physical reactions.
22. Society will have unrealistic expectations about your mourning and may respond inappropriately to you.
23. You may find that there are certain dates, events, and stimuli that bring upsurges in grief
24. Certain experiences later in life may temporarily resurrect intense grief for you.

HOW TO TAKE CONTROL WHEN YOU FEEL OUT OF CONTROL DUE TO A LOSS

Grief is a process that takes time, patience, and understanding. There are, however, some things you can do to take some control during this painful time:

1. Reduce caffeine intake.
2. Reduce sugar intake.
3. Reduce alcohol intake.
4. Drink 6 to 8 glasses of water a day.

5. Eat lots of juicy fruits and vegetables.
6. Exercise daily.
7. Don't isolate yourself, share your pain with a compassionate person.
8. Allow yourself time to mourn.
9. Using a journal can ease the pain. Make your journal your best friend, you can pour your feelings out without fear of evaluation.
10. Nurture yourself, use art, poetry, music, massage, or anything that makes you feel good.
11. Believe in yourself and your ability to heal.

GRIEF DURING HOLIDAYS

The pain we experience when we lose someone we love is compounded during special days. The expectation of relaxation, happiness, and celebration makes a sharp contrast to the pain of loss. Nothing can change our reality but there are some things to do to manage grief and help ourselves to cope.

1. PLAN AHEAD - DECIDE

Decide in advance how the special day or days will be spent. However, be flexible if you find things aren't working out as expected. The plan was made to help, not to cause more distress. So be realistic.

2. TALK ABOUT YOUR GRIEF

Friends and family do not always understand that your loved one is never out of your mind. Try to give your sorrow words, or write them in a journal. It is healthy to share your memories both happy and sad with people who care.

3. WE HAVE TEARS FOR A PURPOSE

Scientists speculate that tears contain a component that has the effect of improving our emotional state. However it works, experience tells us that crying is healing. If you don't feel comfortable crying in the presence of others, allow time to cry alone. It will relieve the pressure and help you to control your grief in social settings. Holidays are arbitrary but your grief has a life of its own and won't always allow you to put it on hold.

4. RE-EVALUATE FAMILY TRADITIONS

This may help to blunt the sharp sad memories of how things used to be. Consider altering the way things have always been done. Design new rituals and traditions, or do something symbolic to memorialize your loved one.

5. YOU ARE THE BEST AUTHORITY ON YOUR GRIEF

During the holidays well meaning friends may try to help by keeping you busy or making sure you are never alone. It is important for you to determine for yourself what is best. Discuss your wishes with someone you trust. It will help clarify your needs and make it easier to explain what your limits are.

6. SPEND TIME WITH PEOPLE YOU TRUST

Try not to isolate yourself with your feelings. Friends who do not judge your behavior, who allow you to talk about your grief and accept your feelings are invaluable. Ask them to help you guard against




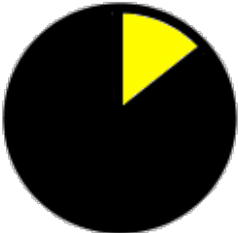
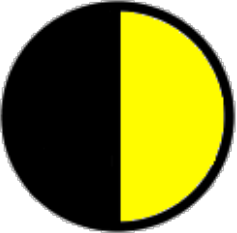
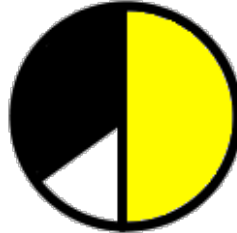
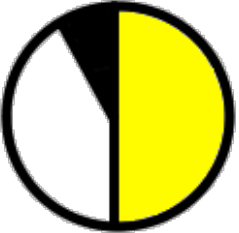
wearing them out! You will need to save their valuable help for the days ahead.

7. RECOGNIZE YOUR PHYSICAL AND PSYCHOLOGICAL LIMITATIONS

Most people experience fatigue during grief. Don't hesitate to excuse yourself from commitments you feel too tired or sad to attend. Keeping busy has its uses but also risks delaying or avoiding sadness that must be experienced to heal. Avoid places, situations and people you believe may cause you stress or anxiety. In stead allow time for simple activities that sooth and relax and provide creative outlets of your own choosing. Allow yourself to just "be".

8. UTILIZE ALL APPROPRIATE RESOURCES

If you have a faith or religion that give you comfort, this is a time to depend on it. A vacation in a new environment is not necessarily avoidance of a grief and can help you feel alive again and somewhat involved with life. Sharing feelings with others, even strangers, who have had similar experience can give perspective and assure you that you will survive. Grief counselling in groups or individually can assist you in understanding your grief, and help you to cope with its manifestations. Above all, be kind to yourself and know that your pain is entirely appropriate, considering your loss. Grief comes as a result of love and is a tribute to your relationship.

MODELS OF GRIEF	
Elizabeth Kubler-Ross	<ul style="list-style-type: none"> • Shock and denial • Anger • Bargaining • Depression and despair • Acceptance
Nancy Reeves	<ul style="list-style-type: none"> • Energy Management
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  Greiving/Adjustment </div> <div style="text-align: center;">  Survival </div> <div style="text-align: center;">  Life Enhancement </div> </div> <div style="display: flex; justify-content: space-around; align-items: center;">     </div>	
John Bowlby	<ul style="list-style-type: none"> • Numbing • Yearning and searching • Disorganization and despair • Reorganization
Therese Rando	<ul style="list-style-type: none"> • Reorganize the loss • React to the separation

	<ul style="list-style-type: none"> ● Recollect and Re-experience ● Relinquish ● Readjust ● Reinvest
<p>Alan Wolfelt</p>	<ul style="list-style-type: none"> ● To experience and express outside of yourself the reality of the death ● To tolerate the pain that comes with the work of grief while taking good care of yourself physically, emotionally, and spiritually ● To convert your relationship with the person who died from presence to memory ● To develop a new self-identity based on life without the person in your life who died ● To relate the experience of your loss to a context of meaning ● To have an understanding support system available to you in the months and years ahead
<p>John Worden</p>	<ul style="list-style-type: none"> ● To accept the reality of the loss ● To experience the pain of grief ● To adjust to the world without the person you cared about ● To take the emotional energy that was in the relationship and reinvest in other activities