

1. QUESTION: Did you ever want to take a shortcut in your grieving process and it failed? Thinking you were ready for something and you were not.

There are no shortcuts to grieving. We're going through the pain in order to heal, because pain does heal.

Dr. Susan Zonnebelt-smeenge

Grief starts a journey, everyone looks different, and it may not be a trip you planned on, but it is a trip you must take.

Tips From Grief Share Workbook

If you are not sure how to release your emotions consider:

1. Write down your story of grief
2. Tell others how much your loved one meant to you and how your grief is affecting you
3. Read sympathy cards or watch a video of the funeral to help release pent-up emotions
4. Make a scrapbook or photo book of your loved one.

2. QUESTION: Relationships outside yourself during grief are hard.... How did you handle your relationship with each other, the kids, and even your parents (grandparents) during this time of grieving?

The Lord is close to the broken-hearted and saves those who are crushed in spirit.

Psalm 34:18

TIPS Grief Share Workbook:

- Dealing with relationships around you can be confusing during grief, but relationships are crucial to your healing. -- In Grief Share H. Norman Wright suggests that you write a grief letter to pass out to your comforters, which will help them know how to best relate to you during this time.
- When walking through grief with someone
 1. Talk about the loss/person who died
 2. Be a quiet listener, and let me talk about my loved one, and share memories
 3. Ignoring my grief does not make it go away.
 4. If I am sad, let me be sad, do not try to cheer me up. It's important for me to feel the emotions I am feeling.
 5. Sometimes it may appear that I am functioning fine and that I am doing well. Understand that outward appearances are deceiving.
 6. Don't make comments about next year being better or time healing my wounds, my concerns are focused on the here and now.
 7. Understand that I can't do everything I used to do in the past, but don't hesitate to invite me to do things anyway.
 8. Let me cry if I need to. You don't have to say anything. Just hand me tissues and be there for me.
 9. Understand that grief can go on for a number of years. There is no established time limit.
 10. Please don't make judgments about how long its taking me to grieve.

3. Question: Was going to church being involved in church hard for you? Why is going to church so difficult?

“I’m not supposed to be just a container of comfort; I am meant to be a conduit of comfort.” - Dr. Paul David Tripp

TIPS from Grief Share Workbook:

Help to deal with church/church activities:

1. Arrive late and or leave early.
2. Sit in the back row
3. Sit with someone who will run interference for you and help you interact with people
4. Identify a place ahead of time where you can go if your emotionally overwhelmed
5. Attend with someone who will understand when your ready to leave
6. Let your pastor know you are there, so he can be aware of ways he might be able to help you.

4. QUESTIONS: How do you honor/remember the loved one, yet still try to move forward with traditions, activities during holidays, birthdays, other traditional gatherings?

Holiday times can be overwhelming. Helpful articles and videos

www.griefshare.org/holidays

Keys from Grief Share Workbook:

-Accept your Limitations: Be Flexible

-Ask for and accept help

-Accommodate changes that came with your circumstances, and find ways to decrease stress. Consider changing your surroundings or your traditions to decrease your stress. Be honest. Limit commitments.

-Prioritize and plan. Make a list of what you would like to accomplish, do or not do during the holidays, this can be anything...decorations, meals, events, and share them with your family

Moving Forward is a Necessity, but a Process, and I need to remember that PEACE AND PAIN CAN COEXIST.

“But those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.” Isaiah 40:31