

MODERN LOSS
Wednesday December 26, 2018

Loss Happens:

- 1:7 Americans will lose a parent or sibling before turning twenty.
- 15% of pregnancies end in miscarriage
- Hundreds of thousands of people are widowed, many of them younger than forty.

Why are we so unprepared?

- We will all lose people we love.
- Eventually we are all going to die.

Traditional Model of Grieving vs. Current Model of Grieving

- You are wired to grieve.
- Grieving is not pathological.
- You are not depressed. Nothing is wrong with you.
- In fact, you are very healthy and can be restored to a new and even better you.

Restorative Grief vs. Prolonged Grief

- Your emotions serve you in healing rather than annihilating you.
- Sadness helps you turn inward.
- Anger fortifies you to face the world.
- Relief gives you immediate calm in the suffering.
- Confusion gives you new beliefs to catalog your world.

What No One Talks About

- Identity: Who we were and Who We've Become
- Triggers
- Grief Speak
- Absence and Time

How to do the Work of Grieving

- What rituals will you enact to mark this liminal moment?
- Will you take them from your culture or from another?
- When will you express your grief? And with whom?
- Will you refrain from judgment?
- Will you be open to rediscover old and new beliefs?
- Will you find acceptance? Forgiveness? Peace?

Recommended Reading:

- The Other Side of Sadness, George A. Bonanno
- To Begin Again, Naomi Levy
- Modern Loss, Rebecca Sofer and Gabrielle Birkner