

4 GRIEF DEFINITIONS

Derived from the work of Elisabeth Kübler-Ross & David Kessler that highlight the fact that grief is ultimately a process.



• 1. Grief is a Highly Individual, Non-Linear Process •

Our grief is as individual as our lives. The five stages — denial, anger, bargaining, depression, and acceptance — are part of a framework that makes up our learning to live without the one we lost.

They're tools to help us frame & identify what we're feeling. They are not stops on some linear timeline in grief. Not everyone goes through all of them or goes in a prescribed order.”



• 2. Grief is a Healing Process •

“There is wonder in the power of grief. Grief transforms the broken, wounded soul a soul that no longer wants to get up in the morning, a soul that can find no reason for living, a soul that has suffered an unbelievable loss. Grief alone has the power to heal.”

• 3. Grief Can Be An Isolating Process •

“Healing grief is often an overwhelming and lonely experience. We don't really have a framework to help us recover, we don't think we have the tools to overcome the feelings that devastate us, and our friends don't know what to say or how to help.

As a result, during the days following a loss we wonder if we can survive.”

• 4. Grief Can Be a Transformative Process •

“In our worst we have the power to find some thread of hope. In grief, just like in death, there is a transformation for the living.

If you do not take the time to grieve, you cannot find a future in which loss is remembered and honoured without pain.”

