

BEREAVEMENT SUPPORT

Mourning Movement

Does the grief for someone who has died feel the same each time?

Is it the same for everyone?

Is it always dominated by pain and anguish?

How long does it last?

Is having an ongoing relationship to a person who died normal?

What do we do with overwhelming grief experiences?

Almost 50 years ago, psychologist Elizabeth Kubler-Ross, through her work with terminally ill patients, introduced what has become known as the **Five Stages of Grief**. Unfortunately, her work has been misinterpreted over the years where many people feel that they are supposed to go through the states in order: *Denial, Anger, Bargaining, Depression and Acceptance*.

We know that while these feelings are experienced by many people during grief in bereavement, not everyone experiences all of them, nor are they necessarily experienced in any particular order.

William Worden's "**Tasks of Mourning**" is one of many helpful descriptions of what grieving people may go through in order to integrate the loss through death of a loved one into their lives.

The tasks of mourning are:

Task 1: To accept the reality of the loss

Task 2: To move with the pain of grief

Task 3: To adjust to a world without the deceased physically.

Task 4: To find an enduring connection with those who have died in the midst of embarking on a new life.

Whenever we experience change, we grow and integrate that change into our lives. While this is most dramatic when someone we love dies, it is important to be mindful not only of our feelings, but also our reactions and responses. All are a part of life, challenges that come with change and growth.

*“Death does not end our story...
Death does not end our relationships...
Life is changed not ended”*

*“I had my own notion
of grief.
I thought it was a sad
time.*

*That it followed the
death of someone
you love.
And you had to push
through it.*

*To get to the other
side...*

*But I'm learning there
is no other side.*

*There is no pushing
through.*

But rather,

*There is absorption.
Adjustment.*

Acceptance.

*Grief is not
something you
complete.*

*But rather you grow.
Grief is not a task to
finish,*

*And move on. No!
But an element of
yourself -*

*And transformation
of your being.*

*A new way of seeing
A new definition of
self”*