

BEREAVEMENT SUPPORT

Attachment not Detachment

“To love someone is to say: You at least will never die!”

Human love, even this side of eternity, has that kind of power. Once we have a relationship with someone the experience of that relationship stays with us, even after they die and are no longer present in physical form. Grief therefore is the experience of managing a changed relationship with the person who has died. How this continuing bond gets incorporated into everyday life is a key part of the grief experience during *bereavement*.

We are hard-wired for deep attachments to our loved ones, and the sequence of attachment and separation persist from cradle to the grave. Relationships provide us with the security to go out into the world and live the life we have been given. The death of a loved one threatens our sense of safety and security, while also raising the deepest questions about WHO WE TRULY ARE.

During *bereavement*, we unpack the relationship with someone who has died and explore what that relationship meant for us and can still mean for us. *Bereavement* is a time we can relearn and learn more about our relationships with those who have died. Our relationships can be transformed in death as much as they can be in life.



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

“As far as I can see, grief will never truly end. It may become softer over time, more gentle, and some days will feel sharp. But grief will last as long as love does – forever. It’s simply the way the absence of your loved one manifests in your heart. A deep longing, accompanied by the deepest love. Some days, the heavy fog may return, and the next day, it may recede, once again. It’s all an ebb and flow, a constant dance of sorrow and joy, pain and sweet love.”

SCRIBBLES & CRUMBS

