

## Grief - Part 1

The meaning is not the horrible event, it is what we find afterwards. – David Kessler

### What Is Grief?

- Grief is a natural and healthy response to loss. It is the anguish we feel when we experience a significant loss, like the death of a loved one, a divorce, or a serious medical diagnosis.

### The 7 Factors of Finding Meaning After Grief

- 1) Meaning is relative and personal
- 2) Finding meaning takes time
  - Meaning comes from time and peeling away emotional layers to get to a core understanding of what was found not lost along the way. There are no “shortcuts” you cannot rush the meaning.
- 3) Meaning does not require an understanding
  - You might never understand why the horrible event happened, but we can still find meaning without understanding.
- 4) When you do find meaning, you won't feel it was worth the cost
- 5) Your loss is not a test, a lesson, something to handle, a gift or a blessing

- Loss is simply what happens in life, and the meaning is in us afterwards.

6) Only you can find your meaning

7) Meaningful connections can replace those painful memories

- There is opportunity for tremendous growth, post trauma.  
Connections can be made that you couldn't have found in any other way.

How Does Someone Start the Process of Finding Meaning?

It is not so much a process, but a decision...

- Ask yourself,  
*"Are you willing to find meaning in time?"*
- Ask yourself,  
*"Are you willing to let yourself live a little more?"*
- Ask yourself,  
*"What can I do to honor my loss?"*

The Myth About Grief:

Tackle the myth that we think our goal is to make our grief smaller.

*We need to grow from our trauma, from our loss.*

*"The goal is not to make our grief smaller. The goal is for us to become bigger."*

David Kessler