

## HEALING THE WOUND

### Recovering from Loss (deaths, end of relationship, etc.)

**STAGES OF GRIEF** (Kubler Ross): These are NORMAL phases. They may proceed in this or, more likely, they overlap and often roll through us in waves.

**DENIAL:** “It can’t be true” “I’ll ignore it.”

**BARGAINING:** “Please, God, don’t let it be true.” “If I just try harder, everything will be OK.”

**DEPRESSION:** “I’ll never feel better again.” “I just can’t live without her.”  
“I don’t have the energy to do anything, why bother.”

**ANGER:** “Why me!?” “Damn, damn, damn!” “It’s not fair!!”

**ACCEPTANCE:** “He’s gone.” “It’s over.” “I have my life to lead.” What can I learn from this?”

## HEALING THE WOUND

**Inappropriate Care:** “I’m fine; I’m not wounded.” Closing the wound too soon. Neglecting the wound. Overdoing painkillers. Picking at the scab or stitches. Ignoring needed rehabilitation.

**Appropriate Care:**

**CLEANSING:** crying; tears, especially witnessed tears.

**OINTMENT:** self care (physical and emotional), prayer, meditation, accepting nice things from others, doing nice things for self, counseling/therapy.

**BANDAGE:** support systems –caring friends, relatives, support groups.

**MEDICATION:** activity, diversions –work, play, exercise, “taking care of business”

**STITCHES:** accepting the anger and pain of REALITY, using real words (e.g. “dead,” “end,” “over.”), journaling, counseling/therapy.

**REHABILITATION:** plans for the future, new goals for YOUR life and actions towards those goals.

**SCAR TISSUE:** scars reduced through continued application of “ointment”; anniversaries of losses need acknowledgement and special attention.