

Marli Cristiane da Silva
Individual & Family Development
Instructor: Dr. Tesia D. Wells
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Three points that keep my attention

1 - In Chapter one of the book *Grief Counseling and Grief Therapy*, it is interesting to think about that Grief is a universal human experience triggered by loss, but how people grieve is as unique as their personality, relationship with the loss, and cultural background. Some common ways that people grieve include:

1. Emotional expressions - crying, anger, fear, and guilt are some of the emotions people experience when they grieve.
2. Physical symptoms - people often experience physical symptoms such as fatigue, insomnia, loss of appetite, and headaches.
3. Cognitive responses - people may experience confusion, disbelief, and memories of the person or thing they lost.
4. Behavioral responses - people may withdraw from friends and family, become preoccupied with their loss, or seek comfort through rituals or routines.
5. Spiritual or philosophical response - some people may find solace in their religious or spiritual beliefs, while others may question the meaning of life.

Some people can have more expressive grief responses as physical expressions or behavioral responses. However, everyone grieves a loss to one degree or another. It is important to remember that there is no right or wrong way to grieve. Each person's experience is unique, and it is important to be patient, kind, and supportive of grieving people.

2 - Seeing the mourning as a process similar to healing:

Grief and mourning can be viewed as a process similar to healing. Just as a person's physical body needs time and care to heal from an injury, a person's emotional and psychological well-being also needs time and care to heal from losing a loved one or significant relationship.

The grieving process can be broken down into several stages: denial, anger, bargaining, depression, and acceptance. Each stage is vital for the individual to work through in their own way and in their own time, much like the different stages of physical healing.

Just as with physical healing, the process of Grief and mourning can be painful and complex, but it is also necessary for the individual to reach a place of acceptance and closure. It is important to remember that Grief is a personal journey, not a linear process. People may experience stages out of order, revisit ones they have already been through, or even experience them simultaneously. Just as physical healing requires patience and self-care, grieving also requires patience and self-compassion.

Ultimately, seeing the grieving process as similar to healing can help understand and accept the process and find the support and resources needed to work through it.

3 - Loss as a potential for growth: Book *Grief and Loss Across the Lifespan*

Loss can be a difficult and painful experience, but it can also have the potential to facilitate growth and personal development. When a person experiences loss, they are forced to confront

their emotions and come to terms with the reality of their situation. This process can be challenging but can also be an opportunity for personal growth.

One way that loss can lead to growth is by forcing individuals to re-evaluate their priorities and values. When a person loses something or someone important, they are often forced to question what is truly important in their life and adjust their priorities accordingly. This process can lead to greater clarity and purpose and a more substantial commitment to what truly matters.

Loss can also lead to growth by forcing individuals to develop new skills and competencies. For example, someone who loses a partner may need to learn how to manage household tasks and responsibilities that their partner previously handled. This process can lead to greater independence and self-sufficiency and the development of new skills and capabilities.

Finally, a loss can also lead to growth by helping individuals to develop greater empathy and compassion for others. When a person experiences loss, they often become more aware of life's fragility and the challenges others may face. This increased empathy and compassion can lead to a greater sense of connectedness with others and a greater willingness to help and support those in need.

Overall, while loss can be a difficult and painful experience, it can also have the potential to facilitate growth and personal development. By approaching loss with openness and a willingness to learn, individuals can gain a deeper understanding of themselves and the world around them and emerge more substantial and resilient.