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Week 4

Ambiguous Loss

In Chapter One of "The Myth of Closure," the author explores the idea that closure is a myth when it comes to significant losses in life, such as the loss of a loved one. Can have two interpretations of closure: closure as a final step and closure as the end of a cycle, and I would like to highlight three points about that lecture:

- The first interpretation, closure as a final step, suggests an endpoint to the grieving process and that once that endpoint is reached, one can move on with their life. However, the author argues that this is not the case, as the loss of a loved one can never truly be "closed." The emotional pain of the loss may diminish over time, but it is not something that can ever be fully resolved, and I agree with this assessment.
- The second interpretation, closure as the end of a cycle, suggests that closure is not a final step but rather the end of a grieving process. This interpretation is more accurate, as the grieving process is cyclical, and there may be times when the pain of the loss is felt just as acutely as it was when it first occurred.
- The author emphasizes that the idea of closure is a myth and that it is unrealistic to expect to "get over" the loss of a loved one. Instead, the author suggests that the focus should be on learning to live with the loss and finding ways to integrate it into one's life meaningfully.

Overall, the three points highlighted in Chapter One of "The Myth of Closure" challenge the traditional idea of closure and suggest that it is not a final step or endpoint but rather a process of integration and healing.