

Points that kept my attention on the book *Grief Counseling and Grief Therapy*:

1. Anticipatory grief is a kind of grief that happens before a loss or death has happened. It is often experienced by individuals who know that they or someone close to them is facing a life-limiting illness or a situation that may lead to a loss. It can be a complex and intense experience involving emotions such as sadness, anger, fear, and anxiety. It may also involve a sense of guilt or helplessness, as individuals may feel unable to do anything to prevent the impending loss.

Anticipatory grief can also have physical symptoms, such as fatigue, trouble sleeping, and changes in appetite. It can also lead to behavioral changes, such as withdrawing from social activities and losing interest in hobbies. It can be experienced by family members and friends, caregivers, and healthcare professionals who have a close relationship with the person facing the life-limiting illness. It can also affect children, who may have difficulty understanding the concept of death and may need additional support.

2. Coping with anticipatory grief can be challenging, but some strategies can help. These may include seeking support from friends, family, or a professional therapist, engaging in self-care activities such as exercise or meditation, and finding ways to express emotions through journaling or art. It is essential to recognize that anticipatory grief is a normal and natural response to impending loss and that there is no "right" way to experience or cope with it. Each individual's experience will be unique, and it is important to allow oneself the time and space to process emotions in one's own way.

However, seeking support and professional help is important if the grief becomes overwhelming or is interfering with daily functioning. Support groups are available to help people with anticipatory grief, some very specific as groups for parents with children very sick or dying. The evaluation of the participants is that the groups are very helpful since the participant can share their reality with others who can understand them.

Anticipatory grief can also have positive aspects, such as allowing individuals to reflect on the importance of their relationships and values and to find meaning and purpose in the face of loss. It can also lead to increased compassion, empathy, and resilience. It can be a valuable and important part of the grieving process, as it allows individuals to begin accepting and coming to terms with the loss before it occurs. It can also allow individuals to say goodbye, express their feelings, and make the most of the time they have left with their loved ones.

3 . Grief can be a natural response to receiving an HIV diagnosis and the loss of loved ones who have died from AIDS-related illnesses. Grieving is a different process for everyone, including sadness, anger, denial, and depression. It is important to seek support during this time, whether it be through therapy, support groups, or talking with loved ones.

Stigma is another significant issue that can affect people living with HIV. Stigma is the negative attitudes and beliefs that people have towards those who are living with HIV. This stigma can lead to discrimination, isolation, and marginalization. It can also make it difficult for people living with HIV to access healthcare and support services. It is important to challenge and combat stigma by educating people about HIV and advocating for the rights of people living with HIV.