

LUIZ HENRIQUE ROSSI

IMPORTANT THREE POINTS - WEEK 13

1. Chapter 11 of the book “Grief and loss across the life span” is one of the hardest to read as it talks about the decline and the end of life. No matter how prepared the person who is dying and their family are, this will still be a difficult time for everyone. One of the most important words in this stage of life is “acceptance” as this is a period in which one starts to think many important aspects of her life are declining, like health, mobility, finances, loved friends and family members, social life, and fun activities. It doesn't mean that the one has to give up on her life and only wait for death, but that as she accepts her new condition she will learn new ways to live and adapt as things change in her life. Obviously, this is not easy, especially when the person used to be very active, but as the one quicker understands that, better will be her adaptation.

2. Another aspect that caught my attention in the chapter above is related to the lifestyle the person had along her journey. Actually, reading the last three chapters, it was clear to me that the way we live has a lot of influence on the way we died, I mean, the same way we accumulate losses we also accumulate friends, good plans, positive attitudes, good feelings, blessed relationships, good memories and so on, and all of this will be a great support to us when we get older. So, personally, one of the great lessons I take from this book is: “Have a nice life!”, developing good relationships, a positive attitude toward life, avoiding holding bad feelings, and being a grateful person all the time. That's what I'm trying to be and do in my life and I hope when I get to the end of my journey I will have a lot of things to be grateful for.

3. Chapter 9 of the book “The myth of closure” brings a challenging way to look at loss and changes. The author says that the two things are related and one takes to another. And this is true. It is impossible to suffer any loss and to keep being the same person. But it is also true that making change is a hard thing and usually we don't like to. I found very interesting the suggestion of the author for making two lists of the cost of changing: the first would be about the cost and benefits of changing and the second would be the costs and benefits of not changing. This interesting experience can help us to make the decisions we understand are necessary to keep our lives moving toward growth. Despite all suffering the change causes, I have to be aware that this is necessary to be a better and emotionally healthy person.