

How do we cope with Grief and Hurt?

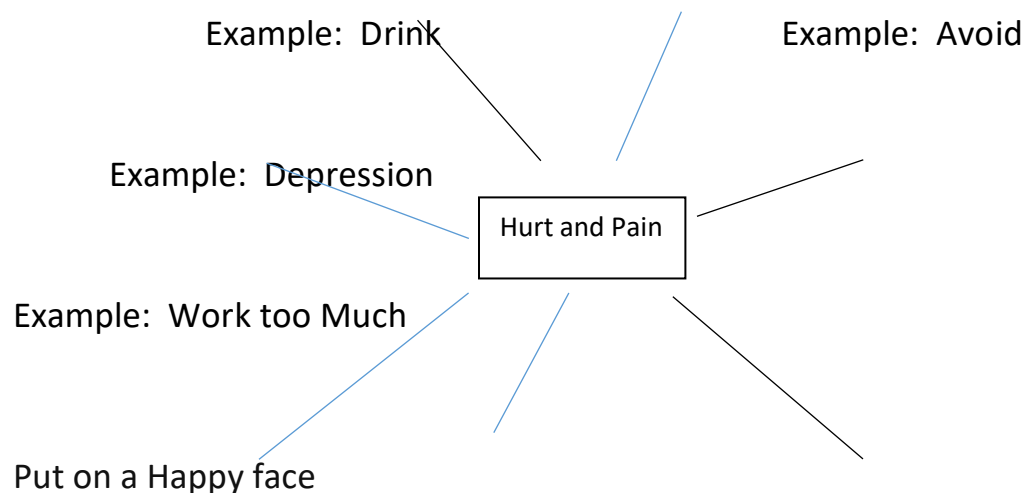
Human beings really don't like to feel hurt

– Physical Hurt or Emotional (heart) Hurt

We do a lot of things (most often no helpful) to manage both physical and heart pain.

Group Discussion:

What kinds of things do you think are common to folks in order to deal with hurt and pain? Put this mind-map on the white board and have clients write what they think



All of these activities we talked about:

- Might work for a little while – to help us get through daily life.
- But: None of these things really HEAL our broken hearts.

So, What can we do to start and go through a HEALING PROCESS:

4 T's of healing:

T **TEARS**

- Allow yourself to cry.
- Avoid taking into yourself the saying “ You have to be Strong”
- Cry whenever you feel like it.
 - If your tears embarrass you, step aside from others for a bit and give yourself the privacy to cry.
 - You have a RIGHT to your tears.

T **Talk**

- Talk with trusted others about how bad you feel.
- Talk with the Creator about how bad your thoughts and feelings - Pray
- Talk about your feelings/thoughts with friends, family, minister, etc.
- Put WORDS- LANGUAGE to your feelings:
 - Draw them out (choose colors and shapes)

T **Tenderness**

- **Be gentle with yourself.**
 - **Avoid criticizing yourself with words like:**
 - I “should have”
 - I “could have”
 - I would have but,.....”
 - I “shouldn’t have”
 - It’s my fault....
 - I need to stop this...
- **Allow others to be gentle with YOU.**
 - Accept people’s tender feelings – don’t brush them off.
 - Accept peoples help with daily activities.
 - Accept people’s prayer for you
 - Accept other’s concern and caring for you
 - Allow others to spend time with you – avoid hiding from them

T **Time**

- Allow yourself TIME to grieve, to cry, to talk, to heal
- Allow yourself TIME for memories and stories
- Allow yourself TIME for YOU - take good care of yourself
- Allow yourself TIME to fall apart!
- Allow yourself TIME for mistakes and miss-steps
- Avoid trying to appear:
 - Strong
 - In Control
 - Put together

- Avoid putting on a MASK and pretending to be something that you are not right now.