

# GIVING YOURSELF PERMISSION TO GRIEVE

## On Your Own Path to Healing

Dealing with grief is natural and will help you reflect on your feelings about your loved one. There are also things you can do to help you mourn, begin to heal, and celebrate your loved one's life.



## Sharing throughout the cycle of grief

Being able to share with others is one way we begin to process that a loved one has passed. The healing cycle may first begin with you sharing the news with close loved ones, family, and friends. This is an important step so that you can begin to see—and feel—the news, and how you are not alone.

Sharing the news itself is one aspect of “sharing.” Another separate aspect is sharing memories and sharing what someone meant to you and others.

This form of sharing is important as you and others begin to process the news and begin to reflect on someone's life.

Sharing—no matter when that happens—is an effective way in being able to acknowledge, honor and even celebrate someone who has passed. There can be great relief in being able to share with others when it comes to remembering your loved one.

## Coming together for affirmation and for shared reflection

Connecting with others is an effective way to be able to process and share your loss (and emotions) with others. When gathering with others, you are able to comfort one another during a challenging time—as well as honor your loved one's life and the memories you shared together.

Gathering with others gives you a place to carve out time for reflection, creates a sacred place to connect with others, and makes room to celebrate a loved one, despite the sadness you may feel.

## Honoring your grief as you heal



While going through grief, you may feel a range of emotions. Different situations may elicit different emotions—and at times, these can be unexpected emotions. Here are a few of the emotions and feelings you may have as you experience the grief and healing:



**Disbelief**



**Shock**



**Despair**



**Loneliness**



**Helplessness**



**Worry**



**Remorse**



**Regret**



**Shame**



**Yearning**



**Sadness**



**Guilt**



**Peace**



**Compassion**



**Understanding**



**Acceptance**

Despite how they may feel, not everyone shows their emotions in the same way

**"When we have joy, we crave to share;  
We remember them."**

—Sylvan Kamens & Jack Riemer

