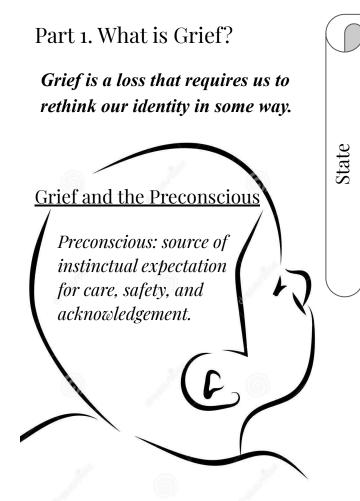
## **Grief As Self-Discovery**

Julianna Breit, Merlin CCC, April 2022



## Components of Grief <sup>1</sup>

- Belief that loss has happened.<sup>2</sup>
- Change in disposition.
- Experience of anguish.<sup>3</sup>
- Acknowledgment of former and prolonged connection.

Tasks of Grieving<sup>1</sup>

- Acknowledging the reality of loss.
- Working through emotional turmoil.
- Adjusting to the environment where the loss is apparent.
- Loosening ties to felt loss.

Part 2. What does Grief do for us?

Grieving is a motion for processing moving from potential to actual emotional progress.

(an Aristotelian perspective)



- 1. Based on *How We Grieve* by Thomas Attig, Ph.D.
- 2. Detailed in "Taking to Heart: What Choice Do We Have?" by Jennifer Church, Ph.D.: [*The Monist*, vol. 85. no. 3, pp 361-380].

Action

3. Described in "Pain and Beauty," a keynote lecture by Frank M. Staemmler, Ph.D. [Italian Gestalt Therapy Conference, Dec. 2011].