

"*STUNNED* brings purpose and direction to the painful grief process from someone who's been there: It meets you right where you are."

—DARRELL AND STEVIE WALTRIP,  
founders of Motor Racing Outreach



# STUNNED BY GRIEF

**REMAPPING** YOUR LIFE

WHEN LOSS CHANGES EVERYTHING

Judy Brizendine



the insights both of them gained from each other strengthened their bond.

### **Face Grief to Find Peace**

Grief is an undeniable part of life. And bits and pieces of grief will always stay with us . . . memories triggered by words, songs, photos, places, other people, and thoughts—so many different reminders. In time, however, the onslaught of emotions will no longer be a raging flood, nor will the grief be all-encompassing. You *can* come to terms with grief and be at peace.

### **What Does “Healing from Grief” Mean?**

Healing from grief is not the same as healing from an illness or disease. The remnants of grief *do not permanently disappear* when healing occurs.

Typically, when medical treatment successfully cures a physical disease the symptoms go away. But grief operates differently. With grief, residual effects linger for years, or for the rest of your life; however, do not let this statement frighten you.

Your loss can suddenly trigger emotions and reactions—and these potential responses will be with you always. But over time, they can turn into tender, precious, positive reminders instead of painful ones.

You'll grow accustomed to the ebb and flow of your own grief, which isn't a negative, even though it may sound that way right now. After a while, you accept the ever-present, just-below-the-surface marks of love.

Sometimes tears crop up unexpectedly, and I have learned to accept them without embarrassment. Five or six years after my husband died, I was having a conversation with a leader at church. She asked me what had happened to him, and as I told her the story, I could hardly utter the words between the tears. Over the years, I had been asked this question many times, and my response was not always so emotional. Why then? I have no explanation. However, I am grateful that my heart is filled with love and not bitterness—and thankful for memories that are still sweet.

*Grief is like a disability—you don't get over it, you just learn to live with it.*

—Val Secarea  
(grief traveler)

Healing from grief means you have faced your loss; experienced the resulting pain; released your loved one and your loss; and you are now directing your energies toward remapping your life into a satisfying one without the presence of your loved one.

Healing does not mean all evidence of grief is gone and renewal is complete. Healing does not mean your pain will instantly disappear. Healing does not mean you will suddenly be happy again—or you will not continue to experience trials and adjustments as you develop your new “normal.”

Healing does mean your pain will be less intense and less frequent. In addition, healing also means you have redirected your energy from the past, and from dealing primarily with your loss, in order to refocus your strength toward creating a new life.

Healing from grief is a little confusing at first because of its erratic nature. This quality makes the process difficult to track and muddles your perception of progress.

But once you understand how healing works, you can adjust your thinking. Unexpected surprises can cause setbacks and disappointment, so knowing what to expect prepares you to keep moving toward restoration, renewal, and a “new normal.”

**THOUGHT  
TO WRITE  
ABOUT**



Draw a picture of your broken heart.

Describe the elements of your picture and what you have lost, and share this exercise with a close friend or family member.

**Hope Thought:**

I take myself too seriously and I don't take God seriously enough.

I need to refocus. Adjust my thinking. And block out the distracting interference.

*The first rule of focus is this: “Wherever you are, be there.”*

—ANONYMOUS

**Unless you've been through it, you can't understand it. It's that simple.**

You can't breathe. You can't think. You can't move.

***STUNNED by Grief*** is a highly focused, conversational book that cuts through the clutter and zeroes in on "flashpoint" issues critical to a griever's healing. It's realistic. Revealing. Practical.

A fellow traveler's down-to-earth approach to grief, ***STUNNED*** is for anyone struggling with death—or any of life's tragic losses. Don't go through grief alone. Join the author to discover:

- ▶ Straight talk from people who have been there
- ▶ What to expect and how to thrive again
- ▶ Tools, tips and strategies to enhance healing and remap your life
- ▶ How God can transform your grief

— EASY TO USE FORMAT. READ STRAIGHT THROUGH—OR TURN TO ANY KEY TOPIC. —

"From loss to renewal, *STUNNED* provides clear, inspirational steps to manage the death of a loved one. Everyone, from military spouses to parents and friends, will find calm, steady guidance that resonates."

—SCOTT RUTTER (LTC, U.S. Army, Ret.), national spokesman,  
Tragedy Assistance Program for Survivors (TAPS)

"Life is about the never-ending beginnings we all experience through loss and change. Read and learn from Judy's experience."

—BERNIE SIEGEL, MD, author of *365 Prescriptions for the Soul*  
and *Prescriptions for Living*

Do you feel confused? Overwhelmed? Lost?  
11 THINGS YOU NEED TO KNOW ABOUT GRIEF – Find out more at  
[www.StunnedByGrief.com](http://www.StunnedByGrief.com)

Companion *STUNNED by Grief Journal* available

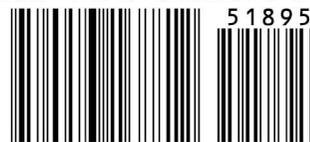


Judy Brizendine is a business professional whose life radically changed course after the tragic, sudden death of her husband. That experience, along with facilitating grief-support workshops, helped her define a new, practical, and personal approach to grief.

  
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