

REMAPPING

- 1) Time
- 2) Feelings
- 3) Acceptance
- 4) Release
- 5) Renewal
- 6) Support

TIME

- Grief is a process that takes place over time—and you must give it *the time it takes* for working through the loss.
- The amount of time depends on the person. Each person's timetable is different.

FEELINGS

- Allow yourself to *feel* the emotions. Allow yourself to cry. Think about what has happened and how you feel about it. Write (journal). It's part of the process.
- When you write, you will find that journaling helps. As you write, you are tapping into your grief, working through your loss, and getting to the heart of what really matters.
- When you read past entries in your journal, you will recall where you've been and see where you are now—and know that you *are* getting better.

ACCEPTANCE

- At some point, you must decide to accept the reality of your loss if you're going to really live again.
- Until you accept your loss, you cannot move through the process to healing.

RELEASE

- You must eventually reach a point where you release your loved one or your loss, stop looking to the past, and embrace the future.
- Letting go does not mean forgetting. You will *not* forget your loved ones.

- Release means that you stop investing in the past and start investing in the future.

RENEWAL

- After facing your feelings, accepting reality, and releasing your loved one or your loss, you will finally reach a place where you can allow your heart to reopen to people, to love, to new experiences—and to life.
- You will be able to open your heart to live and love again; however, you'll always remember those you loved before.

SUPPORT

- You cannot go through grief alone. It's just too hard. Of course, you are the only one who can do your grieving—but you need at least one other person's support through this process.
- You need someone you can be honest with; someone who will listen; someone who will allow you to cry; someone who will comfort you. It's a two-way commitment—theirs and yours.
- Be as sensitive toward the person who is helping you as you would like them to be toward you.

STUNNED by Grief takes a personal, practical approach to grief and bypasses the more typical explanation of the subject by stages such as anger, denial, bargaining, depression, and acceptance. Some sources also add shock or disbelief and guilt to these five stages.

Remapping is a way of describing grief in terms of six basic elements—time, feelings, acceptance, release, renewal and support.

It isn't easy, but it's simple. If we can boil grief down into the six basic elements, it's understandable. And it may seem less overwhelming and more doable.

Only you can make the decision and the commitment to do what is needed. If you do your part, you *will* move through grief to healing.