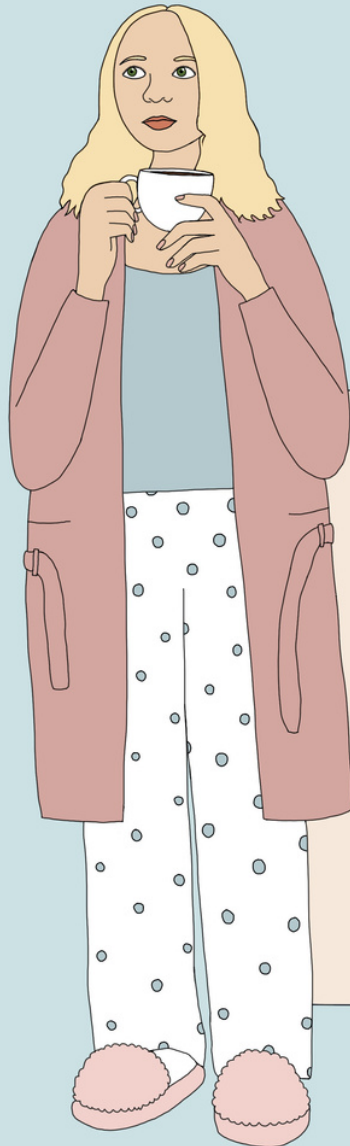


# Coping with LOSS



**5 Things You Need to Know About Grief**  
**Dr Lucy Hone**

*Want to restore some control & calm to your life? .*

## 5 THINGS TO KNOW ABOUT GRIEF

You've probably heard of the 5 Stages of Grief – anger, bargaining, denial, depression, acceptance? Most people have.

But they're not helpful and not even accurate. In fact, they were devised to summarise the experience of people anticipating grief.

Contemporary scientific research shows the bereaved don't typically go through those five stages – instead, grief is as individual as your finger print. There's no right/wrong way to grieve; it's different for us all.

Furthermore, many of my clients report that being handed a pamphlet listing the five stages, told to buckle up and hang on for the ride, has left them feeling powerless, like a helpless victim.

If you want to take control of your grief journey, here are five tips (backed by science) our clients tell us are **immediately helpful**.

1. Identify your 'Secondary Losses'
2. Focus on what's still good
3. Let unhelpful friends go
4. Don't be a 'Mind Reader'!
5. Know the difference between your 'Grief Reactions' and your 'Grief Responses'.



### **ONE: What are your 'Secondary Losses'?**

You haven't just lost your person (the primary loss) but also the myriad roles they played - ranging from financial knowledge, to sex, income, recycling, car maintenance, cooking, grocery shopping, movie and book recommendations, sports watching, holiday planning... These are your **Secondary Losses**.

Identifying these can help you understand why their absence seeps into every part of your life. Knowing them can help mitigate those awful 'grief ambush' moments, when grief side-swipes you at the most inconvenient times/places.

### **TWO: What's still good?**

Right now you're probably only focused on what you've lost, what you can't do, what you can no longer say. I get it. I've been there. But bereavement taught me, **"don't lose what you have to what you have lost"**. Amidst the sea of negative emotions/experiences, try to tune into what's still good in your world, who's there to support you, what you have achieved, and how far you've come.

### **THREE: Whose 'help' don't you need right now?**

Grief can challenge even the best relationships. If you find some people are dragging you down right now, not delivering what you need, or, perhaps, making you feel worse, **it's okay to press pause**. Some relationships will come back in time, some may not. And that's okay. Just as bereavement changes you, it can change relationships too. Look after yourself right now; do what you need.

### **FOUR: Have you told them what you need?**

All too often, miscommunication can sit at the heart of relationship breakdowns. A **common human 'Thinking Trap'** is expecting people around us to be 'Mind Readers'. Have you made your needs clear? Have you expressed yourself? Conversely, are you reading their minds, assuming you know what they think, without actually asking them? Are they, or you, being Mind Readers?!!

### **FIVE: Grief Reactions versus Grief Response**

'Grief reactions' happen to you (your immediate experience with grief) whereas your 'grief responses' are how you choose to respond to your loss. While all those emotional, psychological, cognitive, behavioural, social, and spiritual reactions happen to you - and are somewhat beyond your control - there's abundant choice in how you respond over time. We can help you with that!

# Coping with LOSS

Are you ready to take  
control of your grief  
response?

Let us show you how, visit  
[www.copingwithloss.co](http://www.copingwithloss.co)