

Little by Little: Getting Grief Out

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The Many Signs of Grief

1. **Mind:** Unreality
Replaying over and over
Concentration, Memory,
Confusion
Time Distortion
Searching
2. **Heart:** Shock
Pain
Fear
Anger
Sadness/depression
Helpless
Guilt
Going Crazy
3. **Spiritual**
God?
Afterlife Beliefs
Meaning of Life
4. **Social** Isolation
Pain for Other Loved Ones
Feeling Cursed
Avoiding Others
5. **Physical**
Empty/Hollow/Lost
Sleep Problems
Eating Problems
Fatigued/Exhausted/Restless
Immune Problems
Nauseous
Loss of Sexual Feelings
Depersonalized

Fear

Never did anything like this before

Reactions from other people

Messages that I should: be over it, accept it, move on, heal, recover, find closure

Suggestions from Parents, Siblings, Spouses, & Friends Who've Been There

1. Educating
2. Examining expectations
3. Asking for support
4. Journaling
5. Writing memories/stories
6. Music
7. Physically getting it out
8. Researching why or slowly releasing the need
9. Sharing stories
10. Crying/Laughing
11. Reading
12. Video
13. Helping
14. Distracting
15. Art
16. Forgiving yourself
17. Not being so hard on yourself
18. Finding more ways to feel connected to your loved one
19. Taking it One Day at a time
20. Planning
21. Finding resources