

**What is Grief ?** Grief is a normal and natural emotional response to loss, which is a change or end to a familiar pattern. And that loss, that grief, doesn't have to be a bummer.

**How many losses (ends or changes to a familiar pattern) have occurred in your life, or rocked your world for that matter, so far?**

- did your family unit change? siblings? pets? get married? blended family? (not all loss is a bummer, while it may be a desired change to a familiar pattern, it can cause loss of independence, loss of energy, loss of competence or confidence i.e. as a new parent, for example)
- did you change schools? or move to another location?
- graduate? get promoted? retire? empty nest? end of addictions?
- any of the d's – divorce – diagnosis – death - happen in your world?
- become personally impacted by the change in health of a loved one?
- have you lost a sense of trust, safety, security, agency (in relationship, financial, legal, other?), because the [un]imaginable happened to you?

Visit [www.goodgrief.rocks](http://www.goodgrief.rocks) to count the losses causing you grief.



**Grief is a part of life, because loss is inevitable** (and sometimes predictable). Every significant change or end to a familiar pattern, or loss, creates emotional responses and **Grief is a feeling**, and we are feeling beings and we're experiencing emotions every instant of our lives (Brackett, 72) \*.

**Loss and grief lead us straight to our emotional natures, which may pose a problem.** We have been so conditioned to convert our strong feelings, our emotions, into intellect (thinking strategies to avoid, ignore, or stuff feelings) that we thought we were defective for having feelings at all! It is sad to realize that we have been taught to dampen or lie about our feelings for fear of being judged or criticized (The Grief Recovery Handbook, 37 & 56).

**Have you ever heard the saying "Hurt People Hurt People"?** In a survey ... recently conducted with over 70,000 people ... a third of us -- a third -- either **judge ourselves for having so-called "bad emotions," like sadness, anger or even grief or actively try to push aside these feelings.** We do this not only to ourselves, but also to people we love (David, 5:55)... when emotions are pushed aside or ignored, they get stronger ... **You might think you're in control of unwanted emotions when you ignore them, but in fact they control you** (David, 8:01). The conventional view of emotions as good or bad, positive, or negative, is rigid. We need greater levels of emotional agility for true resilience and thriving. The Grief Recovery Method® teaches you emotional agility, and that good grief rocks.



**Grief is about the living, not the dead.** Only dead people never get stressed, never get broken hearts, never experience the disappointment that comes with failure. Tough emotions are part of our contract with life. You don't get to have a meaningful career or raise a family or leave the world a better place without stress and discomfort. **Discomfort is the price of admission to a meaningful life** (David, 9:57).

*The Grief Recovery Handbook* highlights how we've been **taught to heal a broken heart**, filled with (often conflicting!) emotions, **with our brains, which is like painting a room with a hammer**, and that is the wrong tool for the job and only creates an even bigger mess.

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\*References in (parentheses) are listed on next page

Internal pain always comes out. Always. And who pays the price? We do. Our children [and other loved ones], our colleagues, our communities... **when we push aside normal emotions [often by way of false positivity perhaps? (I'm fine! Really! Can we change the subject now???) Can we move on???) ] we lose our capacity to develop skills to deal with the world as it is, not as we wish it to be** (David, 8:22). Are you done mentally exhausting yourself with woulda coulda shoulda ?

### **Grief accumulates and waits.**

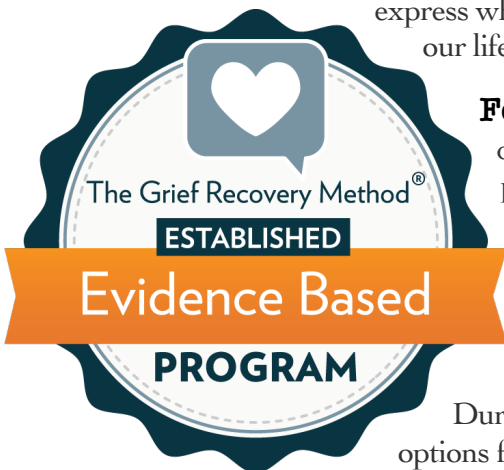
What are you doing with those feelings that come with wishing things had been done or said differently / better / more before the end or change had you lose the chance? Many people... misunderstand the fact that unresolved grief is cumulative and cumulatively negative.... unresolved grief tends to separate us from ourselves. Each time a loss is not properly completed, there is cumulative restriction on our aliveness. Life becomes something to endure; the world seems like a hostile place in which to live (The Grief Recovery Handbook, 57).

### **Time does not heal all wounds.**

Have you encountered people weighed down by a grief that occurred months, years, even decades ago, as if they never really bounced back from the significant emotional loss? Time does not heal ... **ACTION does.**

## **The Grief Recovery Method®**

“The Grief Recovery Method is a constructive series of actions that allows you to work through the emotional pain of grieving, rather than becoming stuck in an old frame of mind. It's a gradual change and letting go of old thought patterns or habits in our grief being directed toward the person, event, or thing we have lost. It's about being able to express what's in our heart and let go of things that could be holding us back from living our life for today.” ~ described by a graduate of the course ~



**For groups and individuals interested** to learn the life skill to complete and lighten up from that which is unfinished emotionally, past/present/future.

**Weekly 2-hr (group) or 1-hr (private) sessions on Zoom.**

**Large and Small group activities** at each weekly session (no lecturing, as this is an adult-learning-friendly format).

Duration **10 weeks (for group) 9 weeks (for private)** (with Add-on options for additional guidance/coaching).

### **Feedback from Learners:**

- ♥ I think I am stronger and more confident as I go through grieving, not just “back to normal.”
- ♥ I feel more free and more compassionate towards myself and others.
- ♥ It had never occurred to me that it was possible to let go of the misery and reconnect with the positive memories. I can look back and find myself laughing at the amazing and fun times I shared with the person who died.
- ♥ I have improved my skills to listen better and share and process emotions.
- ♥ I am determined to allow myself to feel the emotions as I am experiencing them rather than shoving them down or allowing others to tell me what I should be feeling.
- ♥ Visit the About + Action/Work With Me pages on [www.goodgrief.rocks](http://www.goodgrief.rocks) to read additional comments.

#### *References:*

Brackett, Marc Ph.D. “Permission to Feel: Unlocking the Power of Emotions To Help Our Kids, Ourselves, and Our Society Thrive” Celadon Books, NY 2019  
David, Susan The Gift and Power of Emotional Courage. TEDWomen 2017 [link](#)



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