

Resources

Feeling Loss and Grief

Our friends are invaluable sources of information.

We are grateful for Compassionate Houston's close friend Pamela Kennedy who shared some beautiful and valuable thoughts about fully feeling loss and grief, which seems to be around a lot these days.

We hope the excerpt below will help you or a friend on your grief journey:



"Unfortunately, our culture has an unwritten rule that says while physical illness is usually beyond our control, emotional distress is your fault. In other words, some people think you should be able to "control" or subdue your feelings of sadness. Nothing could be further from the truth. Your sadness is a symptom of your wound. Just as physical wounds require attention, so do emotional and spiritual wounds.

Paradoxically, the only way to lessen your pain is to move toward it, not away from it. Moving toward your sadness is not easy to do. If your heart and soul are prevented from feeling the sadness, odds are your body may be harmed in the process. You have been emotionally, physically and spiritually injured. Now you must attend to your injury."

From Alan D. Wolfelt, Ph.D.