

Episode Notes

THE VOCABULARY OF GRIEF

REFLECTION:

Our internal world and the outer world we experience are known only to us – unless we share. When we share our personal experience with others, we open up the possibility of aligning our personal internal perceptions with the world around us. Aligning these views tends to bring harmony and stability to our lives.

KEY POINTS:

- We defined the terms of grief, mourning, bereavement, trauma and loss. Note: you can download these terms and their definitions below the video.
- We are reminded that our grief is unique in what we feel and how we express ourselves as we mourn.
- There are no universal societal norms for mourning behaviors which give us few guidelines, while also allowing for individual freedom.

STEPPING STONE:

How would you prefer that others see you as you mourn?

Consider asking a good friend what they are observing and see if their perceptions and your intentions match.

HEART CHECK

Date:

What have you been thinking and feeling today?

