

Grief Coach Training

Week 6: April 5, 2022



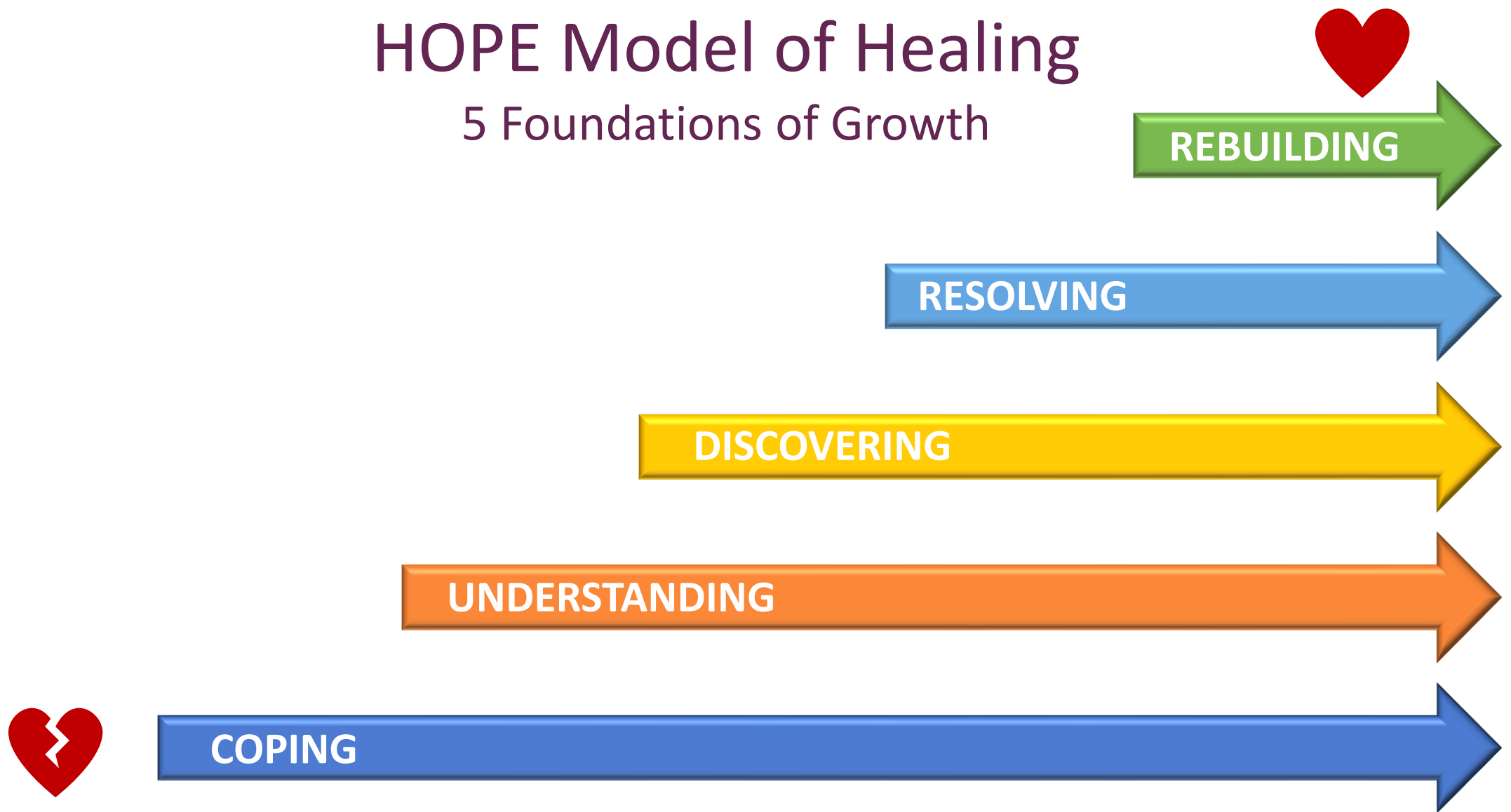
Build a Life
AFTER LOSS

Agenda:

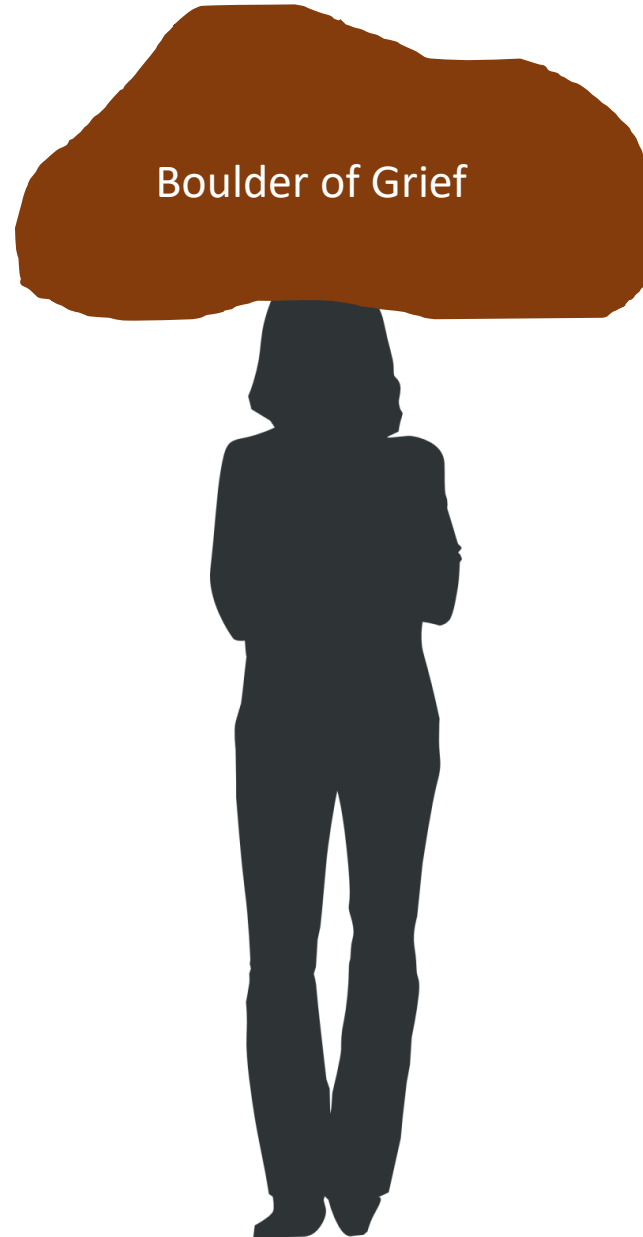
- Boulder of Grief
- Emotions
 - Vocabulary
 - Allowing
 - Guilt, Shame & Anger
- Healing Resistance

HOPE Model of Healing

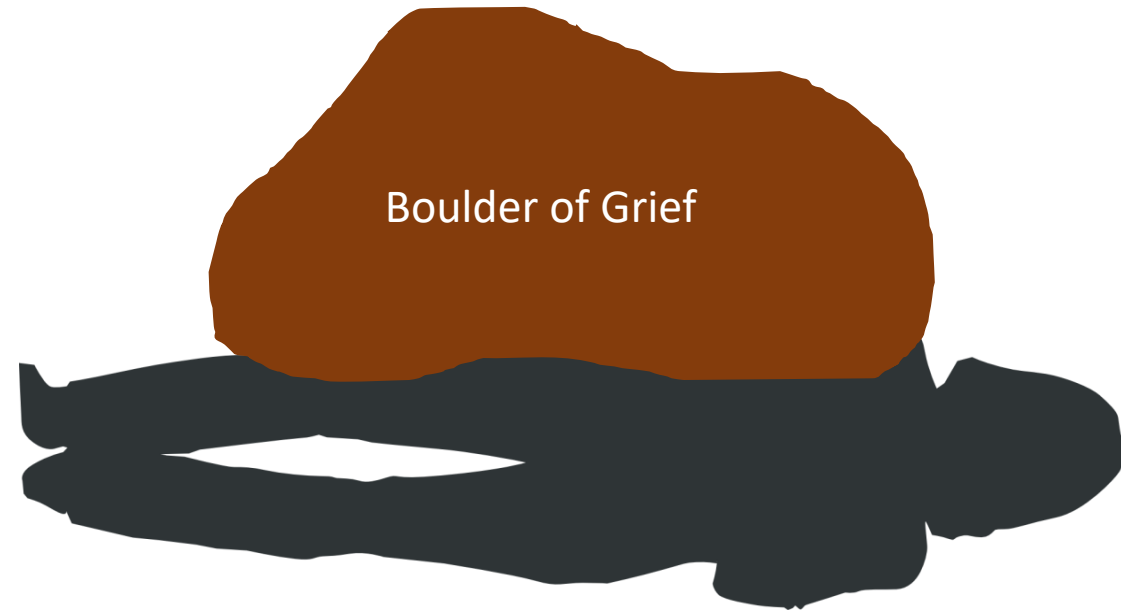
5 Foundations of Growth



- Death of a child, spouse, parent, sibling, friend
- Still birth
- Miscarriage
- Divorce
- Break up
- Estrangement
- Abuse
- Health crisis
- Career/job loss

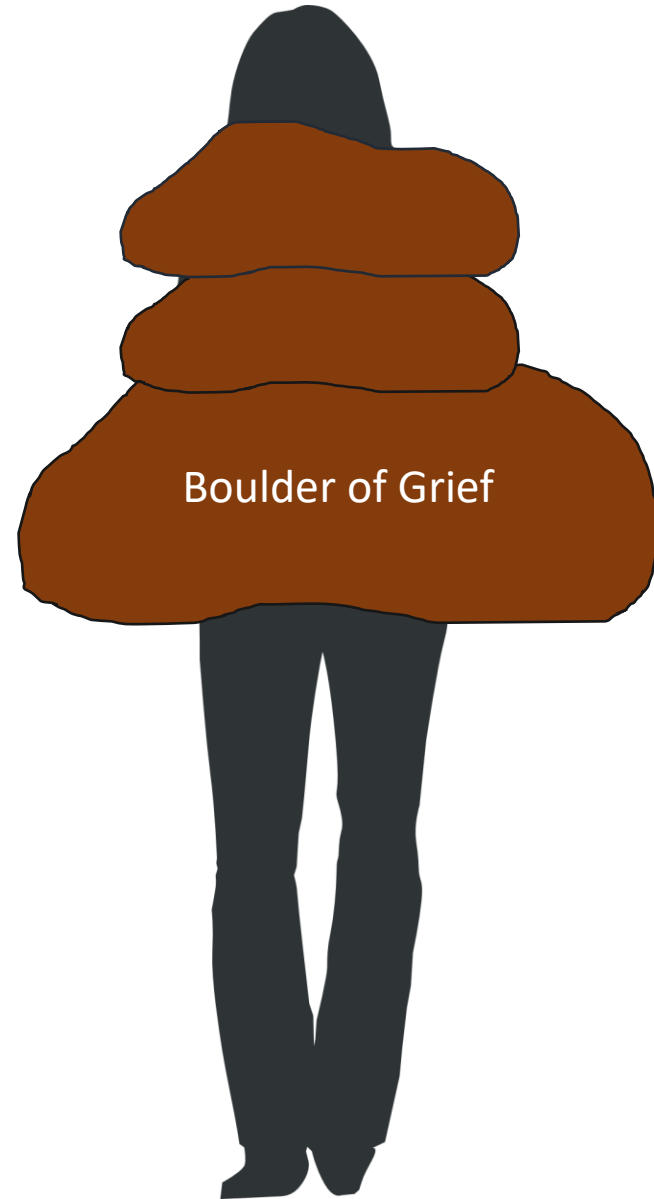


- Crushed
- Devastated
- Distressed
- Shattered
- Shocked
- Overwhelmed
- Distraught





Boulder of Grief



Boulder of Grief

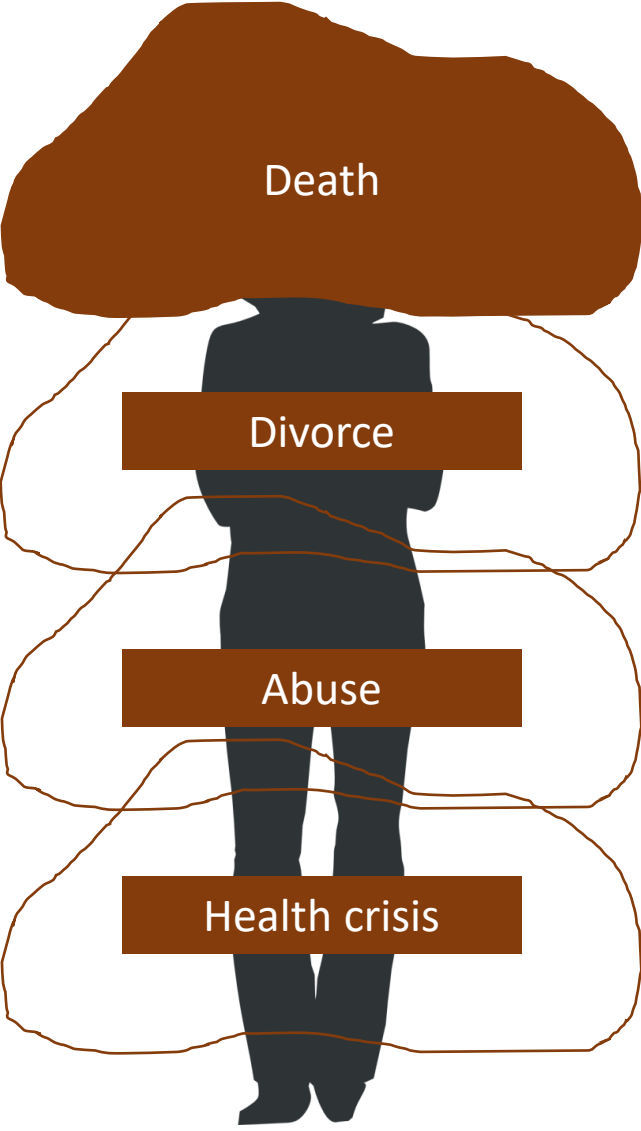
Death

Divorce

Abuse

Health crisis





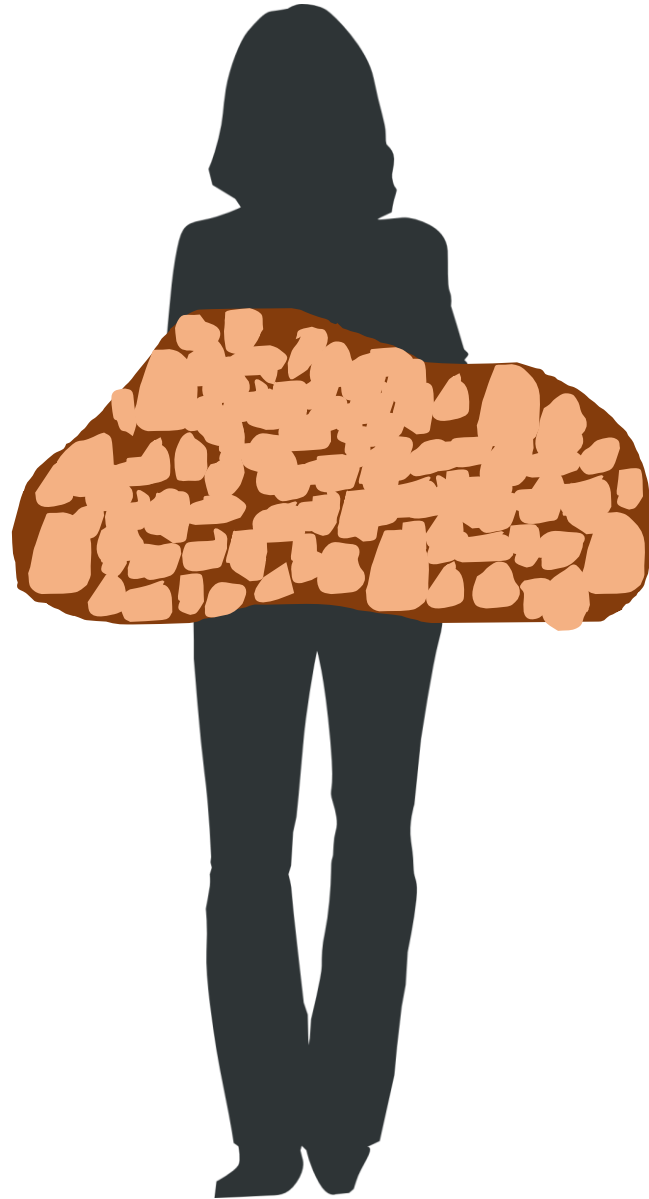
Death

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Health crisis

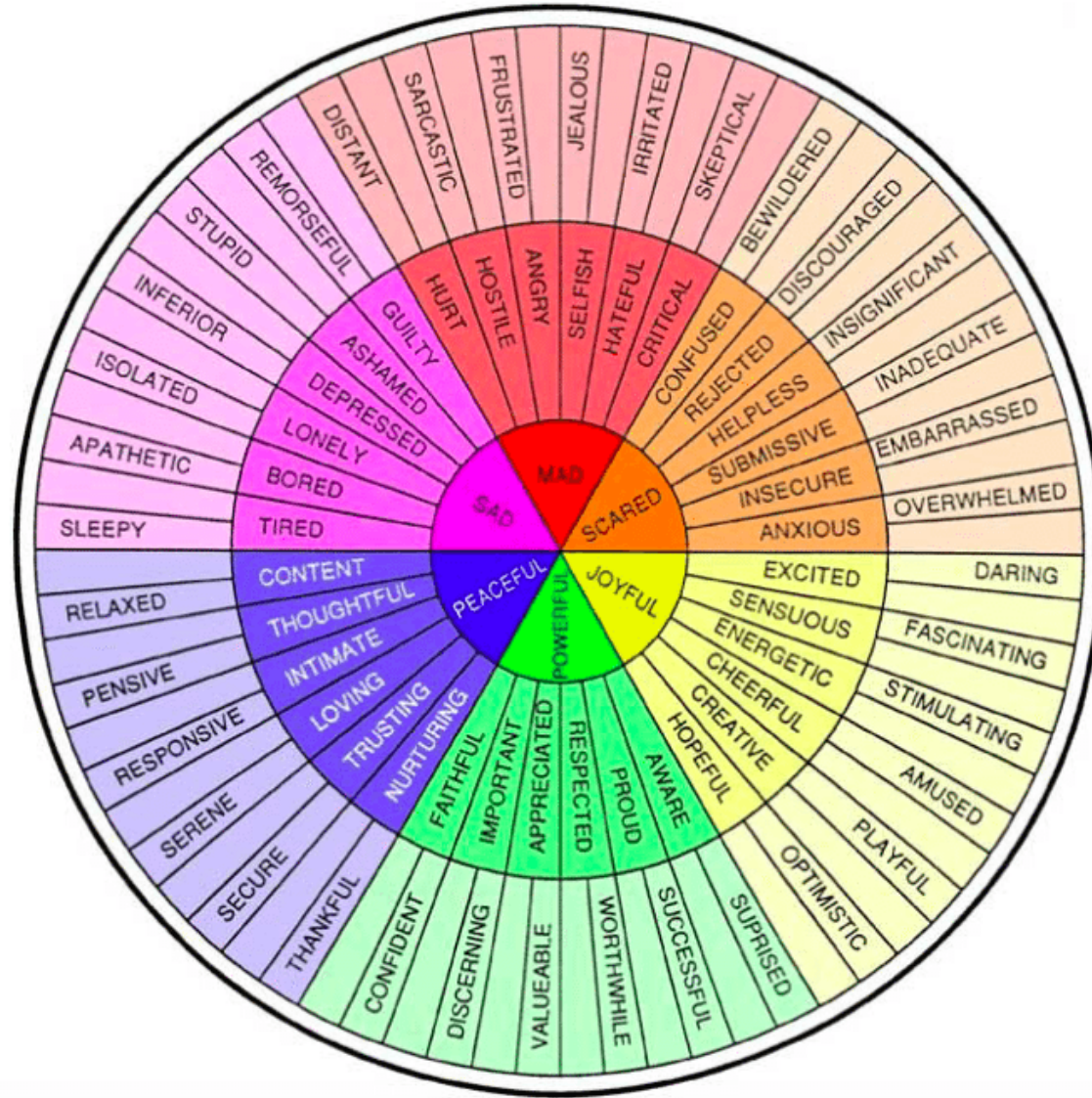


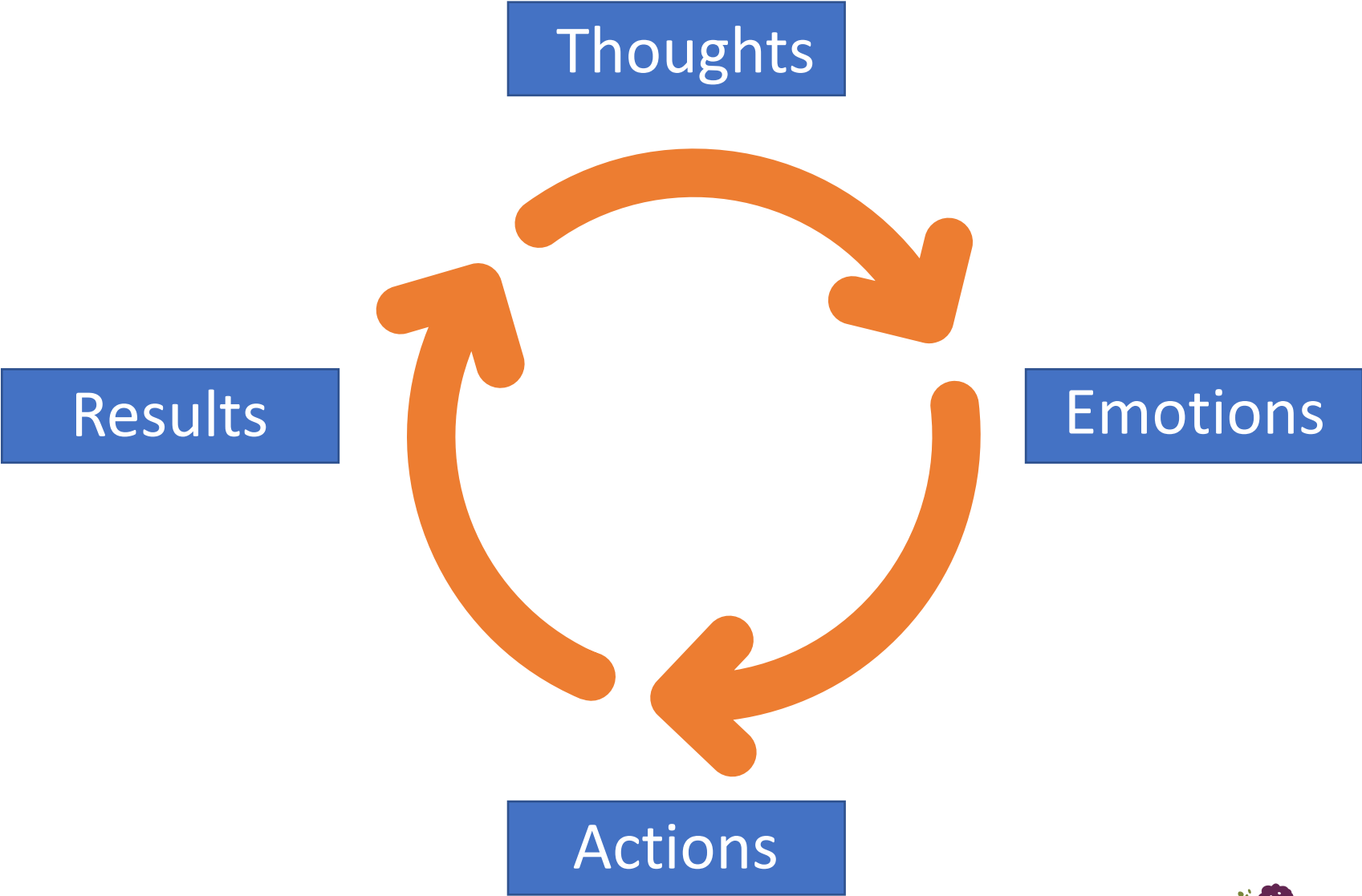


“Just as thoughts are the language of the brain, feelings are the language of the body. And how you think and how you feel create a state of being. Your personality is made up of how you think, act, and feel. It is your state of being. Therefore, your same thoughts, actions, and feelings will keep you enslaved to the same past personal reality.”

- Dr. Joe Dispenza







Thoughts

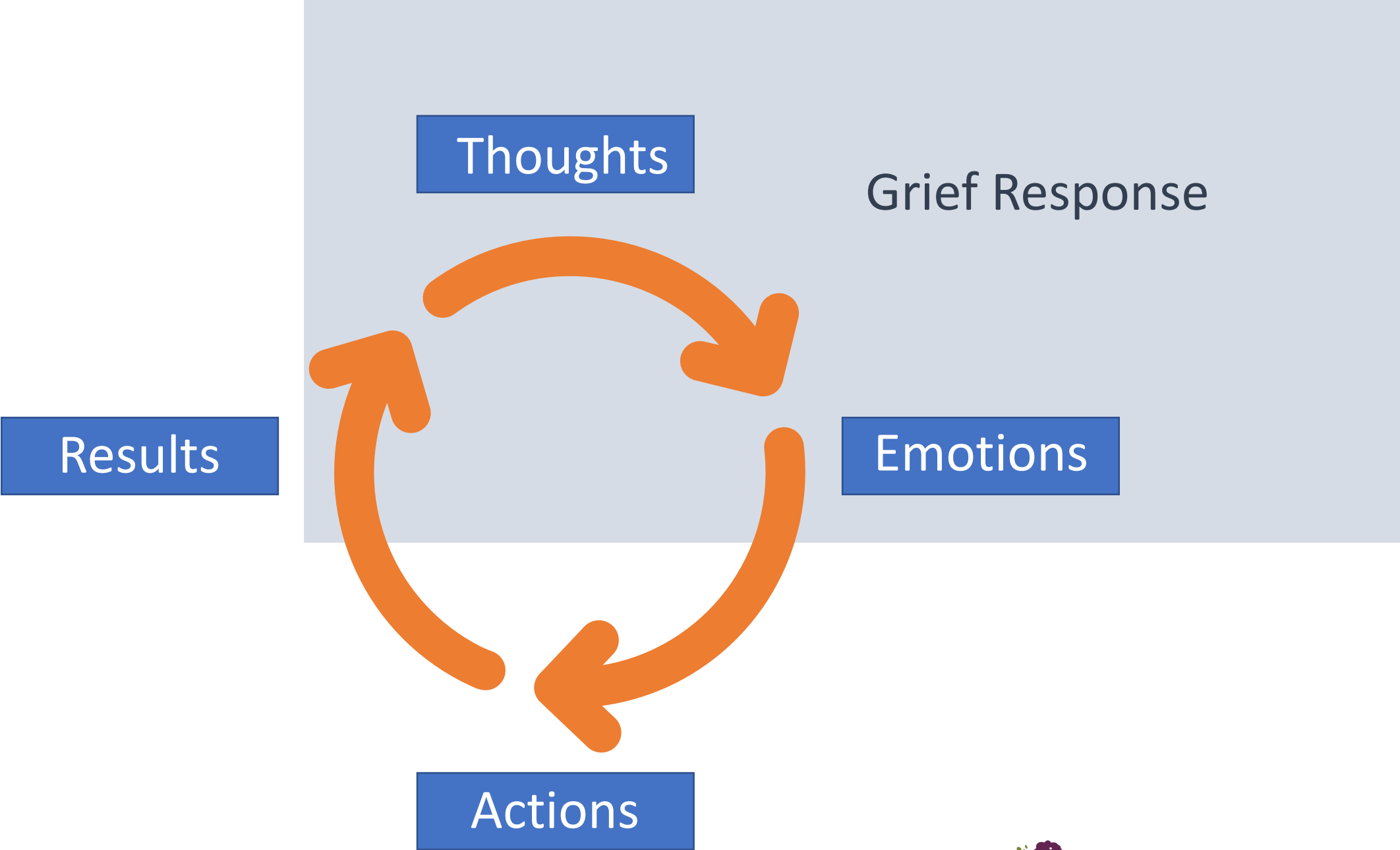
Grief Response

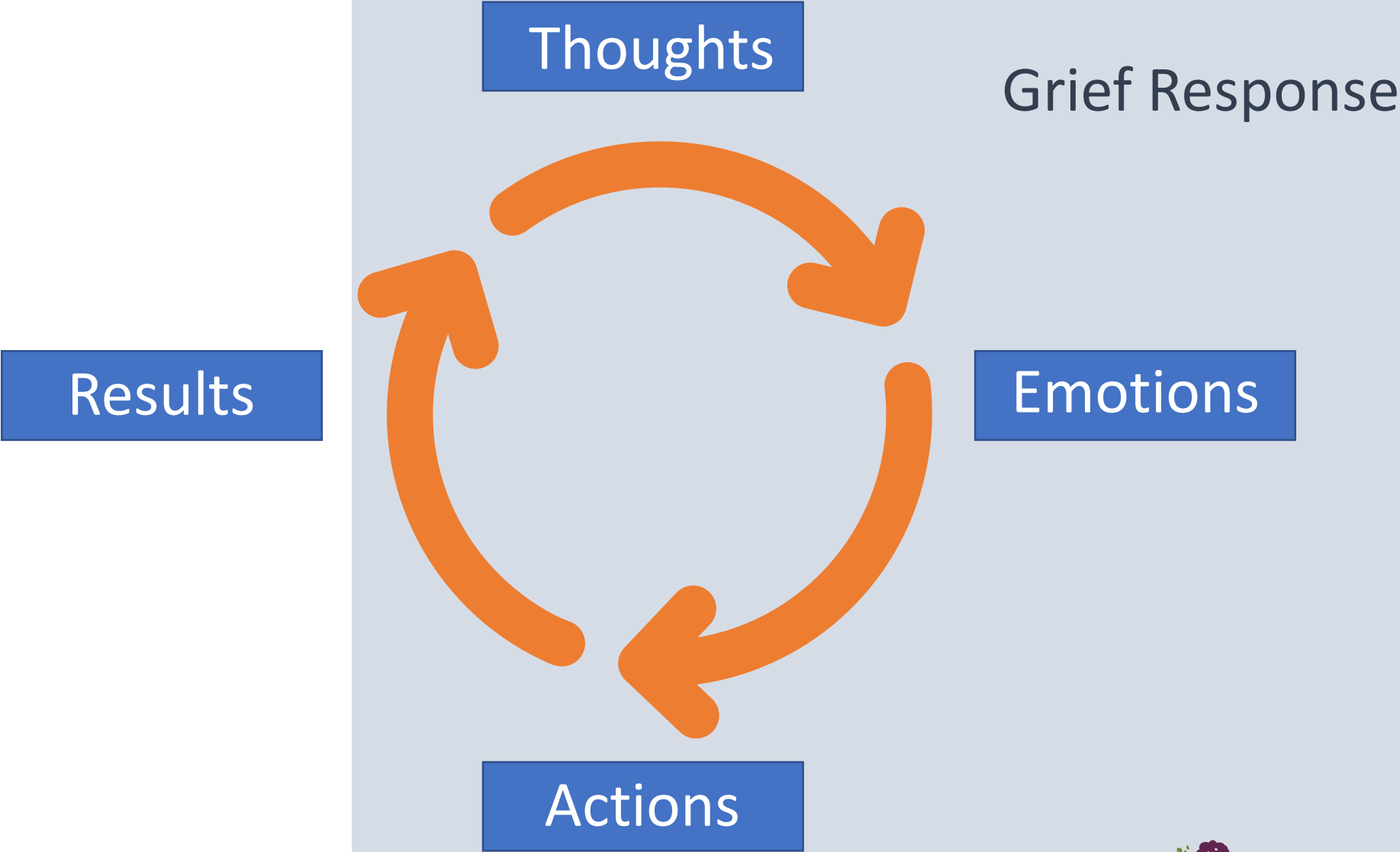
Results

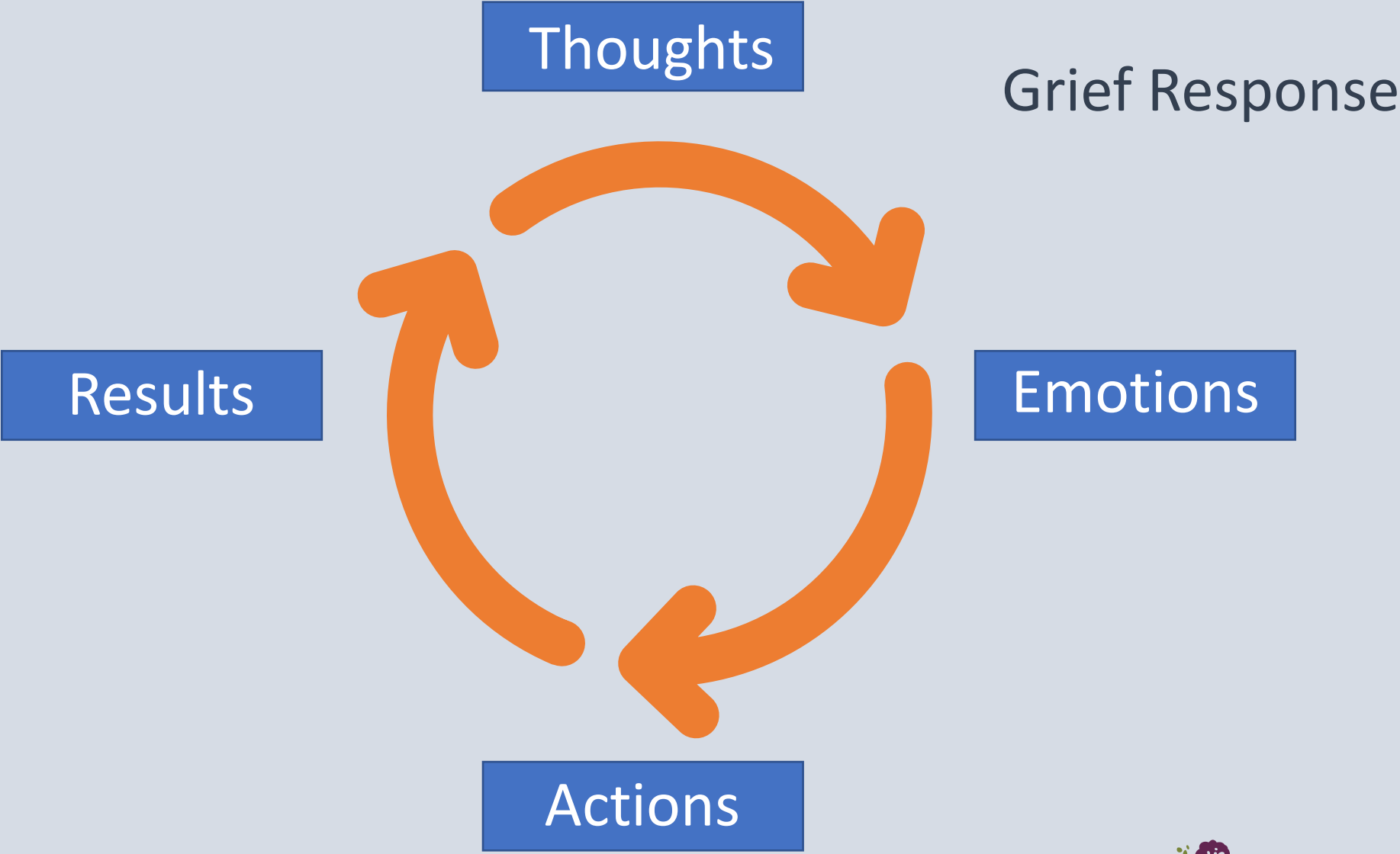
Emotions

Actions

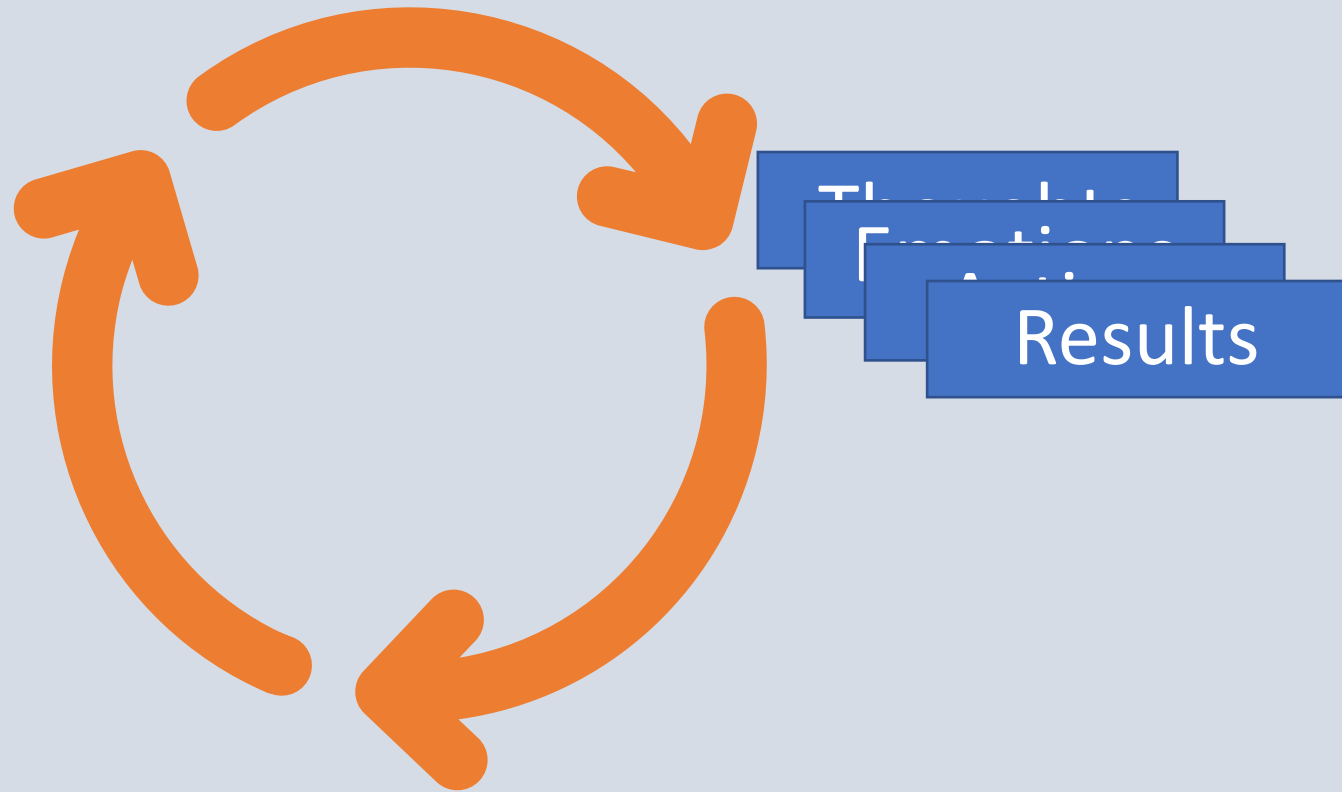


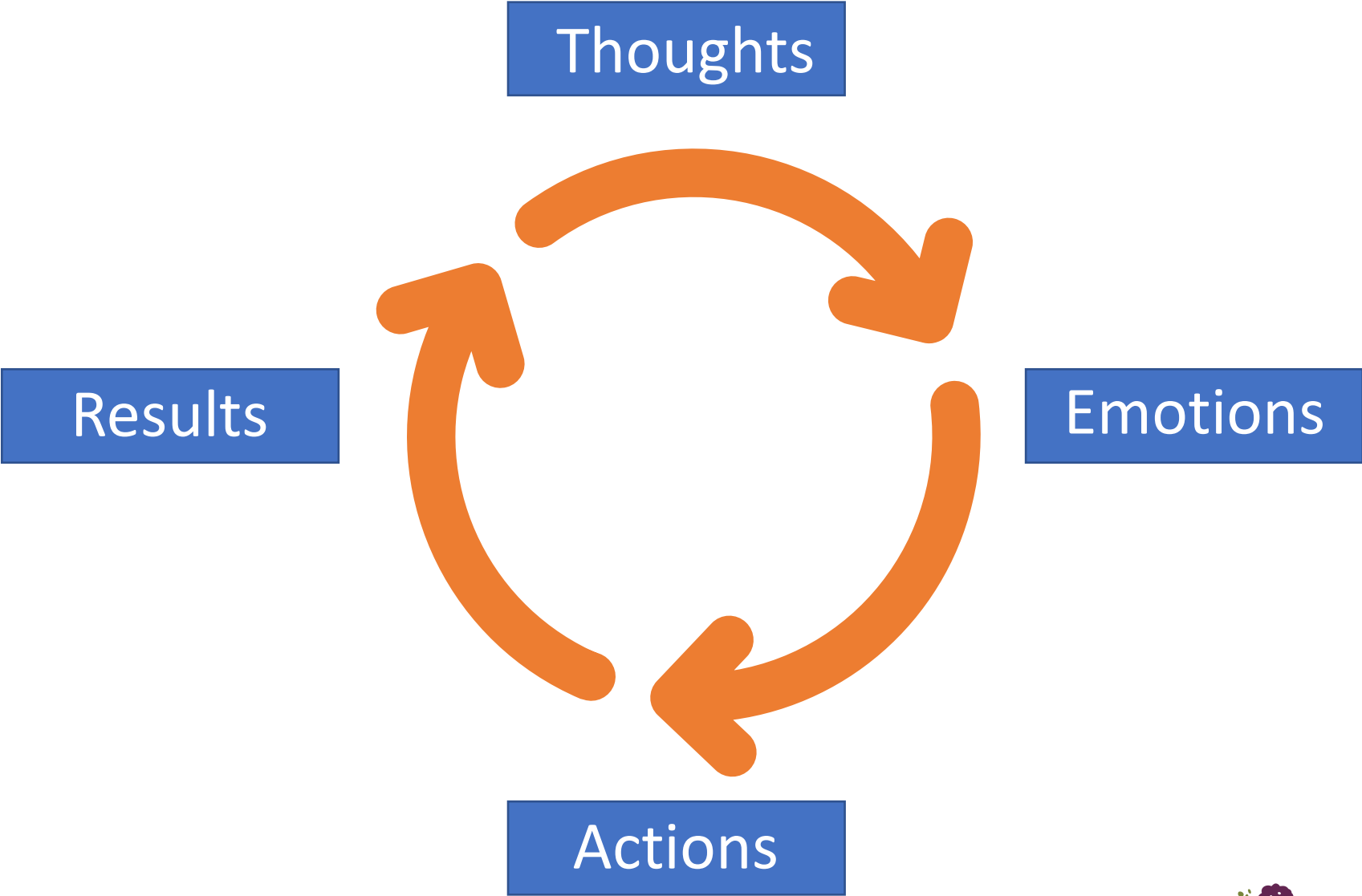






Grief Response





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Thoughts + Feelings + Actions = State of Being

Improved Thoughts → Improved Feelings →
Improved Actions → Improved State of Being



Allowing Emotion

- Sit with the feeling and paying attention
- Breathe deeply
- Go into your body
- Ask these questions:
 - What am I feeling? Name it.
 - Where do I feel it in my body?
 - What does the vibration feel like?
 - Does it have a color, shape or texture?
 - Sit with the feeling, noticing it, paying attention to it and allowing it to continue to move through you until it's run its course.

The Emotional Waiting Room

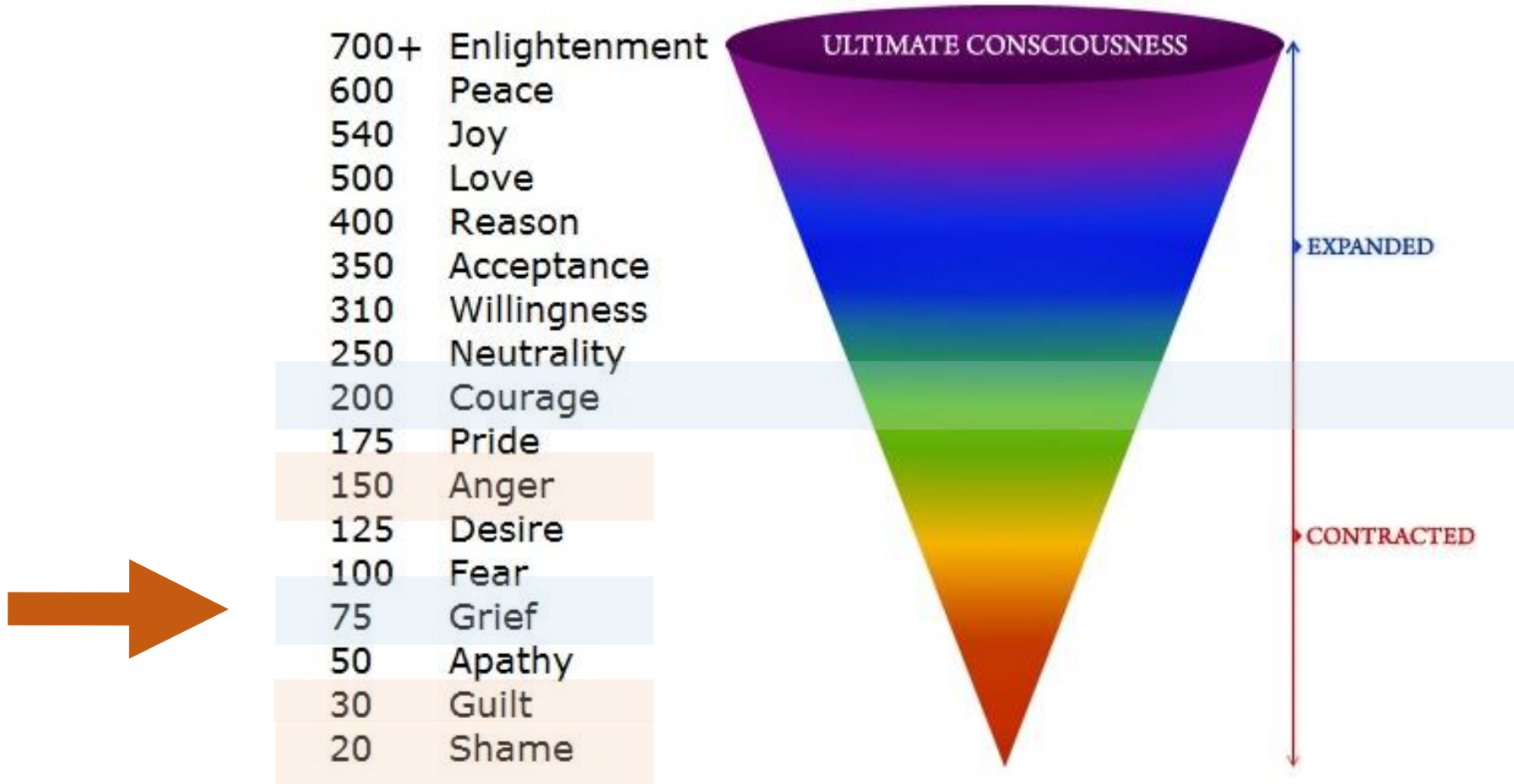
Guilt, Shame & Anger

Guilt: the fact of having committed a specified or implied offense or crime.

Shame: a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior. Dishonor; loss of respect

Anger: a strong feeling of annoyance, displeasure, or hostility.

Levels of Consciousness



Guilt vs. Regret

Guilt implies that we intended to cause harm.

Misplaced guilt – no intention to harm

Regret – feeling sad or disappointed that we didn't take a different action

Unfair to look back with current knowledge and apply it to the past.

We're always doing the best we can.



Shame

Brene' Brown: Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we've experienced, done, or failed to do makes us unworthy of connection.

This is bad vs. I am bad





ANGER

FRUSTRATION

HURT

DISAPPOINTMENT

RESENTMENT

FEAR

EMBARRASSED

ANXIETY

SAD



Build a Life
AFTER LOSS

Anger feels more powerful than hurt, pain, sadness or embarrassment.

Expressing anger is a release of the heavy emotion, even though it's not effective in creating lasting change.



Healing Resistance

Victim Mentality “is a method of avoiding responsibility and criticism and receiving attention and compassion.”

Healing Resistance

Benefits of being the victim:

- People will expect less.
- Won't have to put themselves out there.
- Reason to stay hidden and not take responsibility for yourself.
- Receive attention
- Have the right to complain.
- Addicted to the drama
- Easier to blame and feel the heightened emotions of criticism than to face personal discomfort.

Healing Resistance

If they believe that their love and their ability to remember is linked to their pain, they will be resistant to letting go of the pain.







Healing Resistance

When they've been wronged, if they believe that letting go of the pain will relieve the other person of responsibility for their wrongs, they will resist healing.

Letting Go

- Healing is letting go of the pain of loss;
- It is not letting go of the person you've lost.
- You are never moving away from or separating from the person you love; you are only separating from the pain of loss.

Letting Go

- Letting go of the grief of the wounds someone else has inflicted on you does not make them less responsible.
- You are moving through the pain of the loss and moving toward the life that you want to build while carrying with you the warm memories of those you care about or letting go of the painful memories of being hurt or wronged.

Letting Go

“A memory without the emotional charge is called wisdom.” – Dr. Joe Dispenza

Assignments

10

9

8

7

6

5

4

3

2

1

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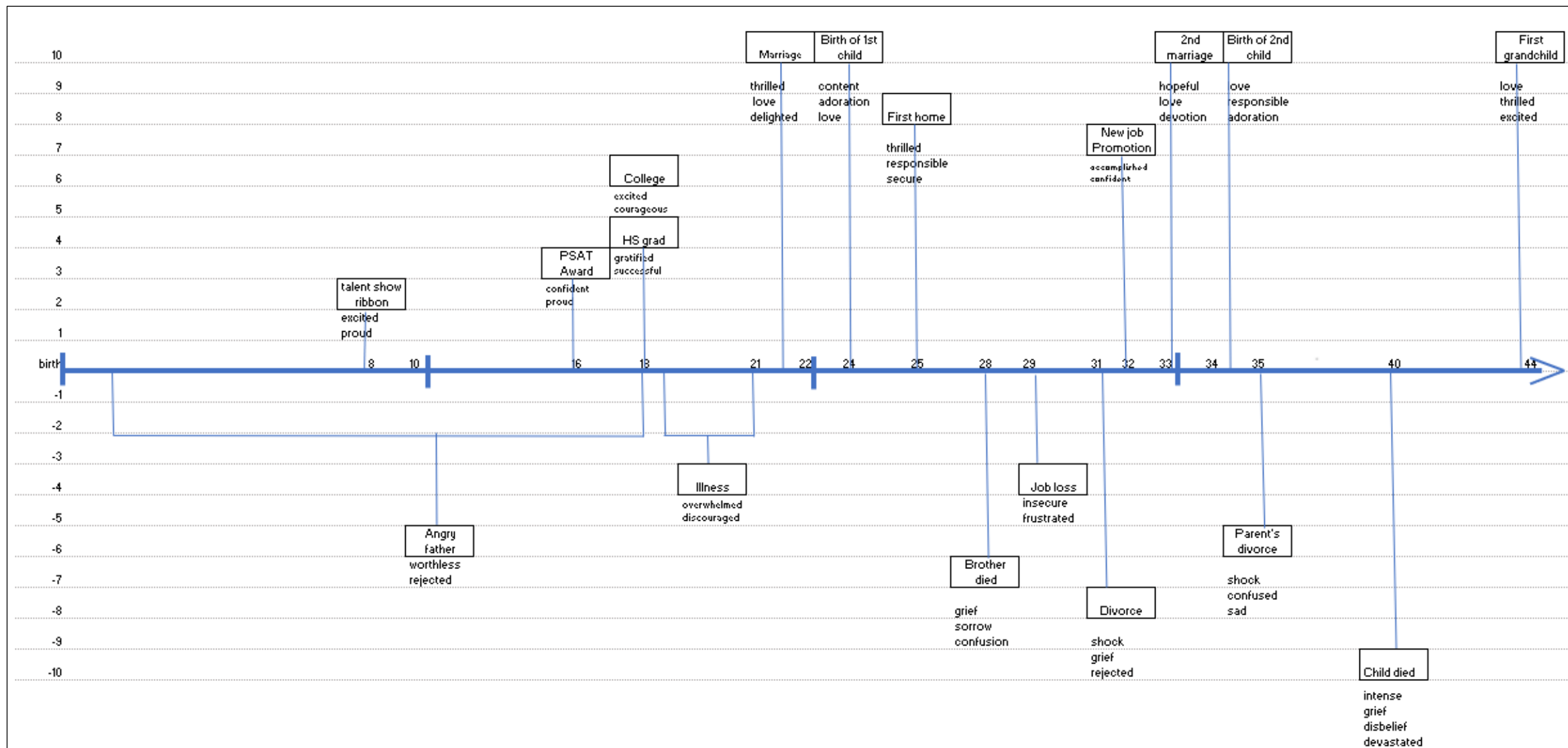
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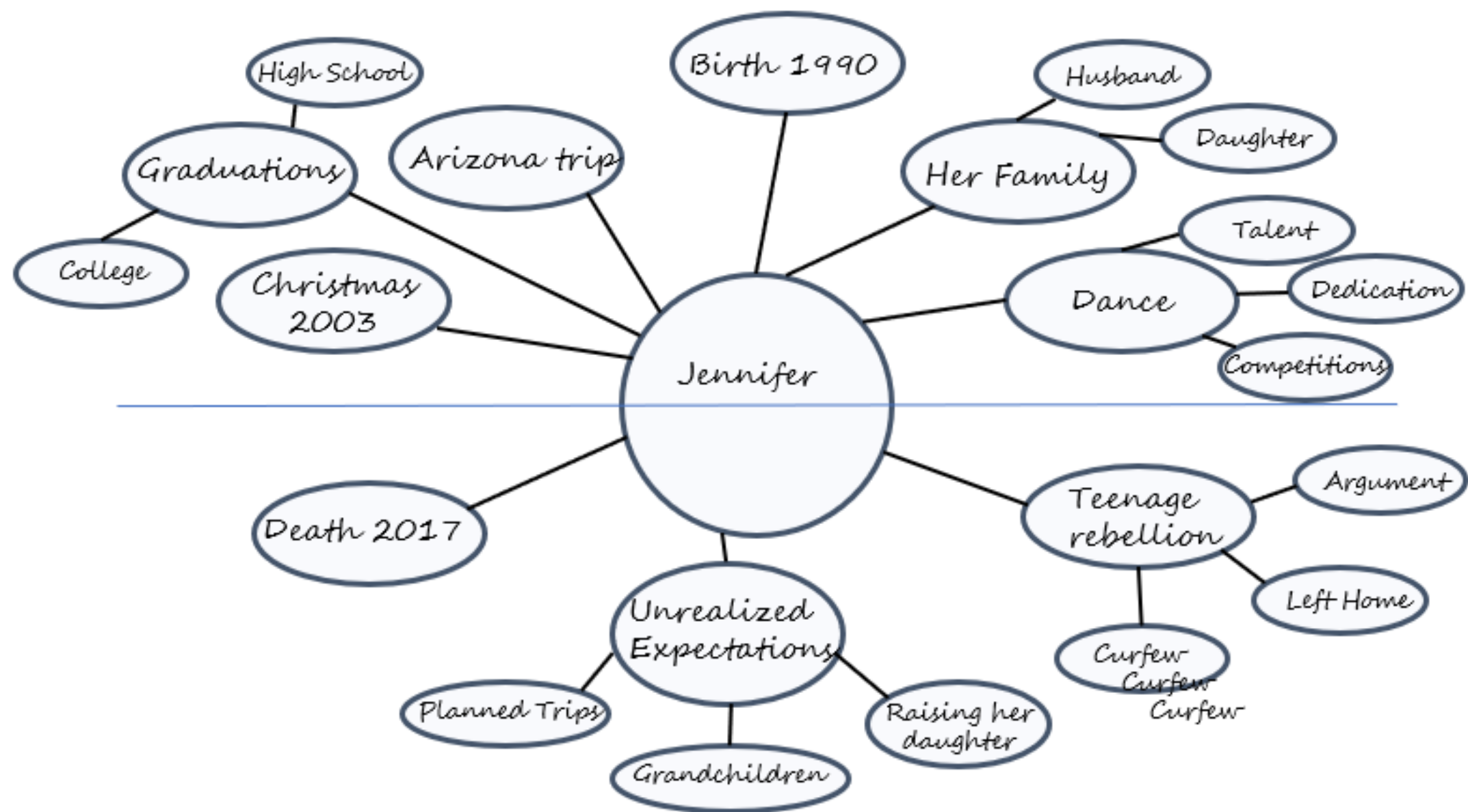
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Relationship: _____

Positive Memories	Negative Memories
Unrealized Expectations	



Tips:

- There is no 'right' way to do this.
- Any way you choose to use your timeline is right for you. When you are adding events, you're comparing the emotional impact of that event against the other experiences of your life not against anything else's experiences or opinions.
- Set an intention that the memories you add to your Timeline or Relationship Memories Graph or Map are the memories that will help you as you heal your grief. Then trust that the stories that come up for you are the ones you needed to remember.
- Don't spend more than 1 hour on this assignment.

Next meeting:

1. Tuesday, April 12th
2. Chapters 7
3. Personal Story Timeline
4. Relationship Memories
Chart or Map