


PERMISSION TO FEEL:
IT'S OKAY TO NOT BE OKAY



Regional Synod of Albany
Grief – Loss – Acknowledging Feelings
Resources & Sharing

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7 Stages of Grief
(Modified Kubler-Ross Model)

Shock*

Denial

Anger

Bargaining

Depression

Testing*

Acceptance

• Initial paralysis at hearing the bad news.

• Trying to avoid the inevitable.

• Frustrated outpouring of bottled-up emotion.

• Seeking in vain for a way out.

• Final realization of the inevitable.

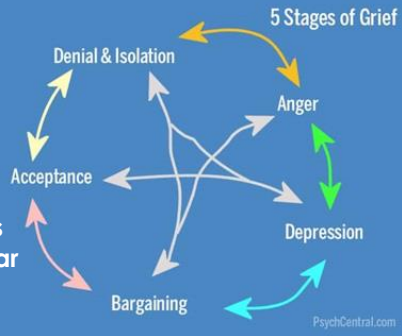
• Seeking realistic solutions.

• Finally finding the way forward.

*This model is extended slightly from the original Kubler-Ross model, which does not explicitly include the Shock and Testing stages. These stages however are often useful to understand and to facilitate change.

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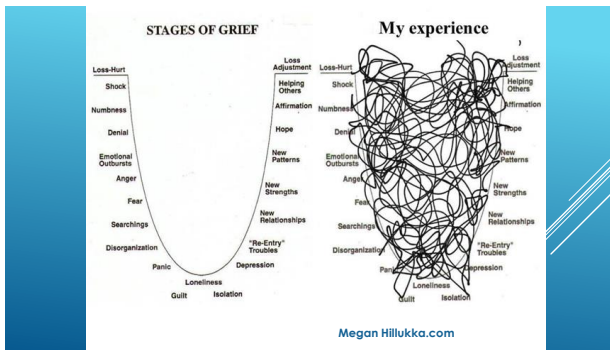
5 Stages of Grief



Grief is not linear

PsychCentral.com

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Types of Loss

Material loss: loss of physical object or surroundings

Relationship loss: end of opportunities to relate

Functional loss: loss of muscular or neurological function

Role loss: loss of specific social role or identity

Intrapsychic loss: loss of what might have been

Systemic loss: disturbance of social system

All Our Losses, All Our Griefs
by Kenneth R. Mitchell and Herbert Anderson
(Washington: Johns Press, 1980)

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Types of Grief: Yes, there's more than one

Types of Grief:	Prolonged,	Complicated,
	Anticipatory,	Normal,
	Masked,	Traumatic,
	Disenfranchised,	Abbreviated,
	Secondary,	Exaggerated,
	Cumulative,	Absent,
	Inhibited,	Collective...
	Ambiguous,	

WhatsYourGrief.com

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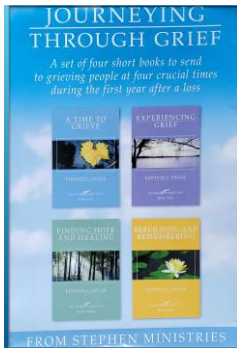
A FEW RESOURCES

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One Recommended Small Group Resource
GriefShare.org

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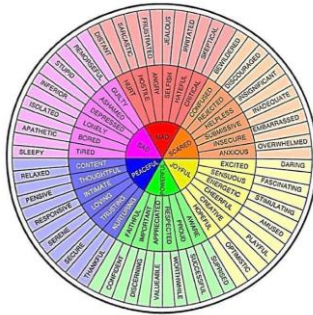
Stephen's Ministry has
resources anyone
can use.

Stephenministries.org

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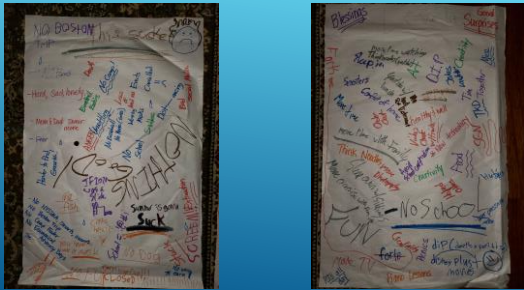
A FEW EXERCISES

Faithwalking 201 Notebook



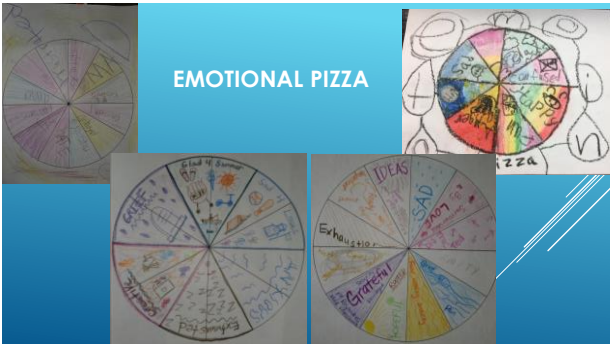
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ACKNOWLEDGING HARD & BLESSING



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EMOTIONAL PIZZA



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DISCUSSION

- ▶ Grief you have noticed in yourself?
 - ▶ How are you processing it?
- ▶ Other Resources you would add?
- ▶ Helpful Exercises?
- ▶ How do we create space for others?
- ▶ Grief will be very real for a long time...
how will we continue to process
ourselves & create space for others to
process?
