

Fear

Alone,
Scared of
the unknown

Seek Help

Still alone, same
activities but
alone, keeping
loss to ourselves,
old teaching's not
to grieve openly.

Others (Trust)

Involving other people,
taking chances to
disclose, reaching out,
sharing & caring for
self and others, I can
FEEL again, trust is
building.

Acceptance

I am alright and so
are others, I am not
alone. CHOICES:
to feel good or bad.
New appreciation
for life. I have
good memories.
FORGIVENESS -
God, others, and
most important self.

Guilt Self-blame

Anger

Resentments
Blaming
Hostility

New Life

- Stronger person, purpose in life.
 - Have all senses and it feels good.
 - Regain respect for myself and others.
 - Can accept reality.
 - Like the person in the mirror.
 - Have my creator, and others in my life.
- I CAN LIVE, LOVE, AND
LAUGH AGAIN**

Light

HOPE

I know how I
feel, can share
with people I
trust, have
support people.
Have dreams
for the future,
not nightmares.

Sadness

Hurt
Loneliness
Pain
Crying

Depression

Feelings of:
Hopelessness,
Worthlessness,

Denial

Disbelief

Shock

Numb,
Can't cry
or talk.

Loneliness,
Everyone, even God
deserted me.

Temporary escape
from reality.

IDENTIFY LOSSES

Identify with the group of the different types of losses they might have experienced.

Example:

- Loss of a job, home, pet, plant, etc.
- Loss of special friend (separation, relationship break up, divorce, death).
- Loss of good health. (Elders or anyone)
- Loss of persons Spirituality, or personal identity.
- Loss of family members or special friends (DEATH).
- Loss of communication, language, feelings.
- Loss of Childhood due to sexual abuse (incest, molestation or rape).
- Loss of friends or relation through substance abuse.

With any loss there is a Natural grief, young people experience sometimes to the extreme, because with these losses, there are feelings that create stress and confusion among young people.

1. **SHOCK:** Our whole being becomes numb, or stunned. We can't cry, talk, laugh, think, feel, etc. Shock is a temporary escape from reality.
2. **DENIAL:** Disbelief, "I just saw him/her yesterday."
"No! It is not true!" "I am not that bad yet."
3. **DEPRESSION:** Feeling of hopelessness and depression.
Feeling of worthlessness.
Feeling of total isolation and loneliness.
Anger and sadness turned inward.
Feeling that everyone even God deserted me.
4. **SADNESS:** Tears, hurt, loneliness, pain, crying.
5. **ANGER:** Towards God, ourselves, the person and others.
Resentments, blaming, critical, hostility.

6. **GUILT:** "Feeling so powerless over life and death."
 Self-Blame – "I deserve to be treated this way because I'm no good!" I should have or I shouldn't have.
7. **FEAR:** "What am I going to do now?" Panicky feeling, "Will I be accepted?" Alone, scared of the unknown.
8. **SEEK HELP:** Still alone, same activities but alone. Keeping our loss to ourselves, not talking about loss. Old teachings not to grieve openly. Coffee at gatherings. Working, but still alone.
9. **OTHERS (TRUST):** Involving other people with activities. Taking chances to disclose. Reaching out. Sharing and caring of oneself and others. I can FEEL again. Trust is Building.
10. **ACCEPTANCE:** I am alright, so are others. I had a loss and I went through grief
 (Forgive) but I am not alone. CHOICES: to feel good or bad. New appreciation for life, grateful to be alive.
 Time to let go, but not good memories of loss.
 I am special and I have something to offer to others.
 Forgiveness – God, others, and most important self.
11. **HOPE:** There is a ray of light, after the darkness of loss. I KNOW HOW
 (Light) I FEEL and I can share these feelings with others that I trust.
 I have list of support people to call or visit if I start to slip back into feeling confused.
 I have survived a loss, so can you and I will help.
 I have dreams for myself now and for the future, and they are not nightmares.

12. NEW LIFE:

I am a stronger person with a purpose in life.

I have all my senses and it feels good.

I regain respect for myself and others.

I can accept reality.

I like the person I see in the mirror.

I have my Creator and others as my partners in life.

I CAN LIVE, LOVE, AND LAUGH AGAIN!

NATURAL HEALING PROCESS

CRYING

TREMBLING

ANGER

TALKING

GETTING BACK
WITH THE
PRESENT!