

Jo Bennett, MS, LMFT is dedicated to promoting the understanding of grief and to help family members facilitate the resumption of daily activities with a sense of hope and purpose. The following series on grief and bereavement is intended to provide information and support for people coping with loss after the death of a loved one.

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*the fear that I would come  
home one day and  
find you gone has turned  
into the pain of the  
reality.*

*"What will I do if it happens?"  
I would ask myself.  
What will I do now that it  
has?*

## **INEVITABLE LOSSES**

There are inevitable losses-losses in which death or separation is imminent. When you recognize these in advance, it will help greatly to:

- Discuss your situation with the person who is leaving.
- If you are the one who is leaving, talk it over with those who are being left.
- Take part in making the decisions that must be made.
- Let your wishes be known.

## **WHAT LOSS FEELS LIKE**

Along with the obvious feelings of pain, depression and sadness, there are other reactions to loss, such as:

- feeling helpless, fearful, empty, despairing, pessimistic, irritable, angry, guilty, restless
- experiencing a loss of concentration, hope, motivation, energy
- any changes in appetite, sleep patterns or sexual drive
- a tendency to be more fatigued, error-prone and slower in speech and movement

Any or all of these are to be expected during and after a loss. It's part of the body's natural healing process. Be with these changes; don't fight them. It's OK.

If you haven't had an obvious loss, and yet you relate strongly to a good number of these reactions, you may want to examine the recent past to see if a not-so-obvious loss-or a series of them-has taken place in your life. (M. Colgrove, H. Bloomfield and P. McWilliams)

For more information, check the website each week for additional articles on grief. If you have questions or need to talk with Jo about issues pertaining to a loss, you may e-mail Jo at [aftercare@havenbrookfuneralhome.com](mailto:aftercare@havenbrookfuneralhome.com) or call (405) 329-8327.