The Grief Model

How we naturally adjust to loss and change

OLD DREAM

LOST OR BROKEN 'DREAM'

NO DREAM

ADJUSTMENT TO LOSS:
The Stages of Grief

1. GRIEF
Denial of the loss.
Shock or Emotional Numbness, Isolation.

(Sometimes, when there is on-going inability to accept the loss, the person tries to recreate the Old Dream and is stuck in Complicated Bereavement. This often appears as anger, rejection, resentment, hatred, stubbornness.)

After about 90 days: Mourning or the Emotional Reaction of processing the loss, which includes waves of **all** of the emotions: sadness, pain, suffering, disorientation, confusion, mental fog, frustration, anger, fear, panic, hatred, regret, depression, loneliness, guilt, worthlessness, hopelessness, exhaustion…and bargaining. This is usually an exhausting, emotionally tumultuous and chaotic period as the mourning cycles peak, release and decrease.

2. LETTING GO
This journey through the No Dream can last up to 1.5 and even 3 years and may be so difficult that the transformation is as dark as experiencing *The Valley of the Shadow of Death* or *The Dark Night of the Soul*.
Often letting go of a part of the self, the loss of a role or a part of identity is one of the most difficult things to lose or release.

3. ACCEPTANCE of the loss.

4. RENEWAL: Looking forward to what's next or the New Dream!

NEW DREAM

WHAT'S NEXT?

(The Unknown and, as yet, unknowable.)

Metaphor for Change:

LARVA OR CATERPILLAR ⇨ CHRYSALIS OR COCOON ⇨ BUTTERFLY

©Heather Carlile · MA · LPC-S
heather@heathercarlile.com 214 · 636 · 5889 youtube.com/heathercarlile