

SESSION 7

TOPIC: SPIRITUAL LESSONS & RECONCILIATION

INTRO

This session focuses on the grief reconciliation process, how proactive we are in our own healing, and spiritual lessons.

SCRIPT

1. Last week's unfinished business.
2. Report on phone calls. How did they go?
3. Report on caring plan. How did they go?
4. Review: How did you do on last week's topic of guilt?

DISCUSSION

Spiritual Lessons. In the early days of loss, the thought that anything good can come from our experience is beyond comprehension. Yet spiritual lessons are God's nuggets of wisdom—collateral blessings—we learn from hardship. Have you discovered a lesson learned or collateral blessing from your loss?

Reconciliation. We've all heard the cliché "time heals," yet we know that time itself just doesn't make it suddenly all right. We know that from moment to moment we are never quite the same.

The experience of each moment changes our outlook on the next moment. The changing of perspective can work for you, once you realize and accept that the world is never static.

1. What are your feelings?
2. What have you been experiencing?
3. What are you looking forward to experiencing?

REMEMBER

- ✓ Start and end on time.
- ✓ Keep conversation moving and productive.
- ✓ Ensure every participant has an opportunity to share or pass during the discussion.
- ✓ Protect the conversation from being monopolized.
- ✓ Stay supportive yet neutral.

MATERIALS

- Notebook & pen
- Index cards & pens
- Refreshments
- Nametags
- Tissue

HOMEWORK

- What I need
- Griefwork & boundaries
- Reconciliation
- Grief & drugs
- Self-care assignment

ACTIVITY

Review the steps of reconciliation. Where are you with these?

- Learn to effectively experience and express the reality of the death of your loved one.
- Learn to lean into the pain of the loss, while learning how to nurture yourself physically, emotionally and spiritually.
- Learn to convert your relationship with the person who died from one of interactive presence to one of appropriate memory.
- Learn to develop a new self-identity based on a life without the person who died.
- Learn to relate the experience of the death to a context of new meaning in your life.
- Learn to develop a lasting network of support to help you through the process.

NEEDS WE HAVE BEEN DISCUSSING & WORKING ON

- Learning to express your grief.
- Learning to take care of ourselves physically, emotionally, intellectually, and spiritually.
- Learning how to develop new relationships. While honoring the memory of your loved one, learning to replace the day-to-day relationship with other types of experiences.

WHERE ARE WE NOW? WHERE DO WE GO FROM HERE?

- Some need alone time for reflection and integration.
- Some need to continue some sort of group contact.
- Some may need professional social or psychological support.
- Some may need additional individual intensive work in expressing grief.
- Each person needs to work out a plan for his/herself.

CONCLUSION

- **Review this session.** Encourage participants to read handouts, journal their thoughts, and try this week's Resilience Rx self-care tip.
- **Phone numbers** for next week's calling. Share your progress with the person you're calling.