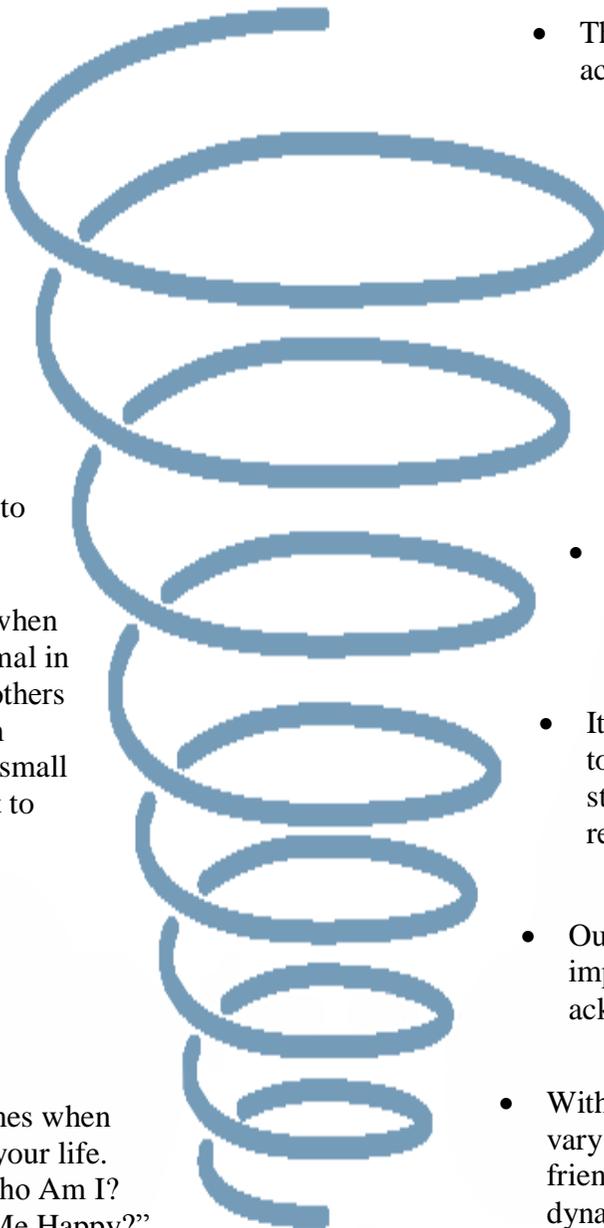




Understanding the Spiral of Grief ©

- 
- We may take steps forward or backward during our grief journey.
 - Grief doesn't come in any order, shape, or pattern.
 - Personality traits cause each of us to react differently.
 - The **Shock/Numbness Phase** normally comes at the start of a grief journey and can last hours to months.
 - The **Disorganization Phase** is when reality sets in. Confusion is normal in this phase. It's important to let others help you. Simple tasks can seem difficult, so reward yourself for small accomplishments. It's important to return to a routine to maintain a balance.
 - The **Protest and Denial Phase** can feel like you are part of a 'bad dream' or watching a movie.
 - The **Reorganization Phase** comes when you search for new meaning in your life. This is a time when you ask "Who Am I? What Do I want? What Makes Me Happy?"
 - The impact of death is important to acknowledge.
 - Grief takes time, and no two people grieve the same.
 - Grief can leave us dazed, confused, and/or numb.
 - A death can leave our minds disconnected and scrambling to find a way to reconnect.
 - The Spiral of Grief has no order. Emotions can come and go when you least expect it.
 - It is important to allow ourselves to slow down and find hope, strength, and healing in the recovery.
 - Our minds are very unique. It's important to be aware of and to acknowledge our feelings.
 - With each death, the pain may vary depending on many factors: friendships, relationships, family dynamics and personalities.

Companions on a Journey Grief Support, Inc.

www.companionsonajourney.org

Companions on a Journey is a 501c3 social service organization committed to providing HOPE, STRENGTH, and HEALING to the bereaved of our community – one child, one teen, one adult, and one family at a time. Founded in faith and rooted in love, COJ offers a safe, supportive environment for individuals of all ages, races, religions and genders to process emotions after the death of a loved one. Grief does not discriminate and neither do we. We invite you to visit our website to learn more about our service offerings.