

[Name of the Writer]

[Subject]

[Date]

## Grief and Bereavement

### **Introduction**

Grief and bereavement are a part of life and experienced by most of the people in some point of their life. It is actually a response that includes variations in emotional and behavioral levels of an individual. The intensity of the grief and bereavement depends on the different circumstances of the loss faced by that individual. Grief always comes with its time limit depending on the emotional and mental health of a person its intensity tends to decrease.

### **Discussion**

Death is the end of a life of a person or any organism. The feeling of death is more like a transformation of life from one state to another although if some close relative or loved one has died then the grief of losing them may depends on how much you were closer to that person. The intricacy is that by holding in feelings, we can do nothing about them except seizing them. In actual sense by not expressing our feeling we tend to hold our lives on that grief on the other hand if we express our loss through any medium that is by crying then we can heal our loss and move forward (Neimeyer & Gamino, pp. 847-855).

The person who has a significant loss in his life can be healed by advising him to participate in cultural and ritual activities. This will considerably help him in expressing the loss and also talking and sharing with the closed ones can directly give an individual the support he needs especially the emotional support. By using writing, art, and music to let out your feelings and thoughts minimize the feeling of loss. The respond to survivor of suicide would be firstly expressing sympathy for the loss he or she has suffered or sympathy on the real cause of suicide would really help the person bringing him on the same mental level of understanding your point. Existential therapy mostly deals with the philosophical parameters its purpose is to help an individual to be aware of who they are what they want to be on the existing possibilities and their limitations (Deurzen, p.n.d).

For dealing with death he has to be given awareness for the new sense of direction in life and this can be achieved by carefully describing how to observe, create and search new aspects of life. The apprehensions while dealing with people who have loss the loved ones are that they may get anxiety and may have less patience. The over reactions by them would be planning for suicide due to great loss. Death impacts me considerably because the fear of unknown is a natural trait of any human being there are many theories which discuss the life after death and many religions have explained the processes but still there always a question of what will happen after death. As a therapist, death inducts in me an urge for finding new ways of treating people who are affected by the death of their loved ones and their relatives.

## **Conclusion**

Yes, I suffered from significant loss when I lost my friend Sharon while she was giving birth from embolism. She was the sister I never had and was my support system when I was

struggling with Crohn's disease. She always helped me to look at the brighter side of the life. My life shaded when one day I received a phone call of her passing away I was broken and spent most of my time by her baby side. I used to feel guilty on her passing away and being alive myself. After several month while living in a state of guiltiness I started seeing a therapist who helped me understand that this is not my fault and made me realize that I need to continue living because we must move on in life instead stagnating our lives on grief.

Works Cited

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