

A photograph of a person's hand lighting a small yellow candle among many others on a table. In the background, there are white lanterns and a blurred crowd of people.

Understanding Your Grief Group

Understanding Your Grief Understanding Your Grief

Alan D Wolfelt



Understanding Your Grief Understanding Your Grief:

Understanding Your Suicide Grief Alan D. Wolfelt, 2009-08-01 For anyone who has experienced the suicide of a loved one coworker neighbor or acquaintance and is seeking information about coping with such a profound loss this compassionate guide explores the unique responses inherent to their grief Using the metaphor of the wilderness the book introduces 10 touchstones to assist the survivor in this naturally complicated and particularly painful journey The touchstones include opening to the presence of loss embracing the uniqueness of grief understanding the six needs of mourning reaching out for help and seeking reconciliation over resolution Learning to identify and rely on each of these touchstones will bring about hope and healing

The Understanding Your Grief Journal Alan D. Wolfelt, 2004-04-01 This companion workbook to *Understanding Your Grief* Ten Essential Touchstones for Finding Hope and Healing Your Heart is designed to help mourners explore the many facets of their unique grief through journaling Ten essential touchstones for mourners are covered including being open to the presence of loss dispelling misconceptions about grief embracing the uniqueness of grief seeking reconciliation and reaching out for help Journalers are asked specific questions about their feelings of grief as they relate to the ten essential touchstones and are provided with writing space for their reflections

Understanding Your Suicide Grief Alan D. Wolfelt, 2024-09-01 This essential resource by one of the world's most beloved grief counselors has long offered compassion and hope to mourners torn apart by the suicide of someone loved *Understanding Your Suicide Grief* will help you understand the traumatic complications of suicide grief and feel less alone as you find effective ways not only to survive but eventually integrate the loss into your ongoing life *Understanding Your Suicide Grief* is built on Dr. Wolfelt's Ten Touchstones which are basic principles to learn and actions to take to help yourself engage with your grief and create momentum toward healing This second edition maintains the content of the first edition but builds on it by adding concise wisdom on new topics such as the myth of closure grief overload unmourned grief loneliness the power of ritual and more Excellent as an empathetic handbook for suicide loss survivors as well as an educational text for support groups *Understanding Your Suicide Grief* pairs with a guided journal *The Understanding Your Suicide Grief Journal* Not only is jotting down ideas feelings and experiences clarifying and therapeutic in grief but it can also be a way to capture meaningful thoughts and stories about the life of the person who died not just their death These two books are used in tandem by grief support groups everywhere If grief is a wilderness then suicide grief occupies the harshest most dangerous terrain This refreshed bestseller will help you safely navigate your suicide grief and find a path that leads toward authentic mourning and reengagement with life

The Understanding Your Suicide Grief Journal Alan D. Wolfelt, 2009-08-01 With ample space to unburden the heart and the soul this companion workbook helps griever explore the 10 essential touchstones for finding hope and healing The exercises throughout the journal recall the content of the book and ask corresponding questions about the survivor's unique grief journey

The Understanding Your Grief Support Group Guide

Alan D. Wolfelt, 2004-06-01 This guide to facilitating support groups offers bereavement caregivers practical strategies for creating and maintaining a productive environment for mourners Logistical considerations such as setting up and publicizing a new group are discussed as is the importance of prescreening new members Tips for creating a set of ground rules are provided and the pros and cons of creating structured and unstructured meetings are considered Responding constructively to problems in the group is also discussed with helpful time proven models provided for evaluating group and individual progress

365 Days of Understanding Your Grief Alan D. Wolfelt, 2021-03-01 After a significant loss grief is an everyday experience Bit by bit these one page a day readings will help you feel supported and muster the courage and hope you need to make it through the day Whether you re choosing this book as a follow up to Understanding Your Grief or as a way to engage with the teachings in a different format you ll find a combination of classic content mixed with new ideas and insights Reading just one page each day will help you sustain hope and heal your heart Understanding Grief Alan

Wolfelt, 2013-06-17 This classic resource helps guide the bereaved person through the loss of a loved one and provides an opportunity to learn to live with and work through the personal grief process The Understanding Your Grief Journal Alan

D Wolfelt, 2021-09-01 This companion workbook to the second edition of Dr Wolfelt s bestseller Understanding Your Grief helps you explore the many facets of your grief through guided journaling After you read a section in Understanding Your Grief the journal asks you questions about what you ve just read It invites you to consider clarify and jot down your thoughts and feelings A good grief journal is a safe place of solace somewhere you can express yourself no matter what you are experiencing If you re grieving a death or a significant loss of any kind this journal and its companion text will help you understand and embrace your grief actively mourn and move toward healing You ll find that the journal can also be used to help honor the person who died and or work through any lingering relationship issues As you express your emotions in this journal you will feel them beginning to soften as well as become more integrated into your ongoing life Write as much as or as little as you d like Even just a little engagement with this journal will help you befriend your grief and give you healing momentum

Healing Your Grieving Body Alan D. Wolfelt, Alan Wolfelt, Kirby J. Duvall, 2009-12-01 Acknowledging the unique set of symptoms that accompanies a period of mourning this guide is the ideal companion to weathering the storm of physical distress From muscle aches and pains to problems with eating and sleeping this handbook addresses how the body responds to the impact of profound loss Low energy headaches and other conditions are also taken into account With 100 ways to help soothe the body and calm the mind this compassionate study is an excellent resource in understanding the connection between the two

The Understanding Your Suicide Grief Journal Alan D Wolfelt, 2024-09-01 This companion workbook to the second edition of Dr Wolfelt s bestseller Understanding Your Suicide Grief helps you explore the many challenging facets of your uniquely complicated grief through guided journaling After you read a section in Understanding Your Suicide Grief the journal asks you questions about what you ve just read It invites you to consider clarify

and write down your thoughts and feelings A good grief journal is a safe place somewhere you can express yourself no matter what you are experiencing If you re grieving the suicide death of a friend or loved one this journal and its companion text will help you understand and engage with your grief actively mourn and work toward healing You ll find that the journal can also be used to help remember the person who died and or work through any lingering relationship issues or emotional sticking points As you express your emotions in this journal you will feel them beginning to soften as well as become more integrated into your ongoing life Write as much as or as little as you d like Even just a little work with this journal will help you befriend your grief and give you healing momentum

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