

# Saying Good-Bye

You are invited to join us at the celebration service for your friend and loved one, but not all of us will be able to attend. Yet, we all need to bring closure to her death and start the grieving process.

It's not unusual to become aware of one's own mortality when someone we love has died. We want to believe we have enough time left in our lives to accomplish all we have planned. Therefore, we can try to put off recognizing that we need to say good-bye to our loved one. If we are going to be successful in completing healthy grieving we must start the process now.

One way for people to say good-bye and start the mourning process is to attend wakes, funerals, burials, memorial services, and celebrations of life services. If any of these rituals are meaningful to you be sure you make arrangements to attend them.

A private way of saying good-bye is creating your own ritual with candles and readings in an environment that is calm. This may be a more comfortable way for you to carry out saying good-bye.

Some of you may enjoy writing and want to do some journaling as a way to express what is in your heart and can be a great way to say good-bye.

Also, surrounding ourselves in our work environment with memorable items like photos, letters and gifts can assist you in starting the mourning process. Or you may know of some type of music or art that the person liked and bring it into your home or place of work.

Here are four questions that can help you with the process of saying good-bye. These four questions are:

1. The best time I ever had with \_\_\_\_\_ was.....
2. The hardest part has been.....
3. If I could talk to \_\_\_\_\_ I would tell him/her.....
4. I feel guilty because.....

Remember to share your stories about \_\_\_\_\_. Telling your stories to others gives them permission to talk about theirs. Through sharing your stories this will give you the opportunity to start healing.

Rita Goldhammer, CPCC, BF, of **Pivotal Crossings** "*Bringing the hope and calm to the chaos of transition and loss.*"

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