



The Pendulum of Time

The internal work of grief is a process, a journey. It does not end on a certain time or date. It is as individual as each of us. Grief is real because our loss is very real to us. Each time we grieve it is different based on the uniqueness of the individual or circumstance and the mark this person, or event has had on our life.

I like to call the journey through grief “the pendulum of time” as we swing backwards and forwards through the stages of grief that Elizabeth Kubler-Ross defined for us in the late 60’s. We can be in more than one stage at any given time. These stages are:

- Shock and Denial (Feeling of “no this can’t be happening to me”)
- Anger (Feeling of “why me?” Blaming others)
- Bargaining (Asking the universe or a supreme being to be able to see them or talk to them one last time)
- Depression (Experiencing feeling of helplessness, guilt or lack of interest in life)
- Acceptance (Facing the loss and moving on and focusing your energy more positively)

We need to consciously go on our individual journeys and face these emotions. Though these emotions are negative they are just as relevant and as important to our well-being as our positive feelings. For some of us dealing with our grief is a daily occurrence. For others it may be more spread out, like going to a meeting and expecting to see this person or going to pick up the phone and call them and they are not there. These times where we would often see our loved one may bring out the grief. However, the journey is for you when you face the pendulum of emotions and experience them, you build confidence within yourself. It is these experiences that help you to grow the most as an individual.

Swing with your pendulum and let the pendulum reach deep within your soul and lead you toward healing and reconciliation with your loss.

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