



We are thinking of you during your journey through grief. We reach out to our TRU family members by phone and with periodic mailings during the 13 months following the death of a loved one. These quarterly grief support newsletters are available to you, your friends, and your community at trucare.org under Our Support/Grief Services.

Please call us anytime for support at 303.604.5300.

The Other Emotions of Grief

Anger, Fear, and Guilt

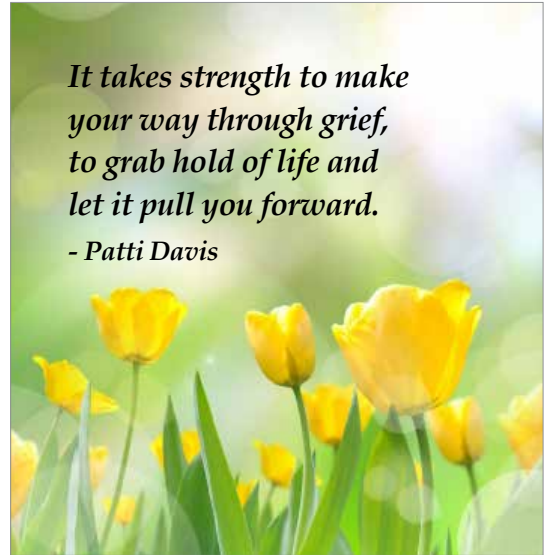
While the majority of people naturally associate sadness or depression with grief, other very common emotions evoked by the grief response are anger, fear, and guilt.

Anger, a very potent emotion, is always present during the time of grief but may not always be recognized. Anger can take on many forms and present itself in a variety of ways, from irritability to fist-pounding rage. It's not uncommon for the bereaved to deny their anger or, for that matter, to be completely unaware of it.

In times of deep sorrow and grief, fear is an emotion not often discussed. Fear may manifest itself as mild anxiety or sheer terror. A spouse may feel fear about being alone or lonely. A parent may fear that she'll never recover from the death of a child, or a child may fear the loss of the other parent, too.

Guilt, like anger and fear, is neither good nor bad. It simply is. Guilt can't be stuffed down without future consequences. It needs to be acknowledged and experienced.

While feelings of anger, fear, and guilt are often difficult to deal with, it is only by allowing these feelings, in all their dimensions, that freedom to heal and be whole again finally arrives.



It takes strength to make your way through grief, to grab hold of life and let it pull you forward.

- Patti Davis

A Journey of Growth and Courage

As your grief process unfolds, you may learn things about yourself that you never knew before.

Know that it is okay to be angry. You are entitled to your anger and it is important to find ways to deal with it constructively.

You may choose to expend it physically by walking, running, or exercising. You may, instead, cry it out, talk it out, write about it, meditate, or pray.

In this journey of growth and courage, fear too needs to be recognized and acknowledged. As you confront your fears, you may discover hidden strengths and resources within yourself.

Guilt is a difficult emotion. By giving guilt its full expression, you may come to understand its meaning and its place.

Image courtesy of twobee at FreeDigitalPhotos.net

Our grief groups are available to anyone needing support after the death of a loved one. The meetings, led by experienced bereavement group facilitators, include specific topics and optional personal sharing in a safe and accepting atmosphere.

Registration is required prior to first attendance for all groups. Please call TRU at 303.604.5213 for registration information and details about group times / locations. For additional information, please visit our website at trucare.org.

Ongoing Grief Groups

Lafayette Grief Support Group

For those who have experienced the death of someone significant.

Meets 4th Tuesday
6:00 - 8:00 PM

Bereaved Parents Group

Educational meeting with program and sharing for bereaved parents only.

Meets 3rd Wednesday
6:30 - 8:30 PM

Sudden Loss Group

For anyone who has experienced a sudden or unexpected loss.

Meets 2nd & 4th Wednesdays
6:30 - 8:00 PM

Spouse/Partner Loss Group

For people who have experienced the death of a spouse or significant other.

Meets 1st & 3rd Tuesdays
6:00 - 8:00 PM

Widowed Senior Grief Support

For men and women who have lost a spouse.

Meets 4th Wednesday
10:00 AM - 12:00 PM

Boulder Hiking Group

Combine exercise and support for people who are grieving or caregiving.
Seasonal

Structured Groups

Newly Bereaved Support Program

Support, information, and networking for persons with recent death losses.
Offered monthly

Eight-Week Bereavement Support Group

For anyone who has experienced a loss. Evening groups are held throughout the year depending on enrollment.

Eight-Week Bereaved Parent Group

For parents who have lost a child of any age. Groups are held throughout the year depending on enrollment

Healing Circles Grief Groups

For children (ages 6 -12), teens (ages 13 -17), and families. Groups are held year-round.

Grieving Our Losses

It's important for us to pay attention to our emotions. Naturally, we have less difficulty with the so-called positive emotions. People don't mind feeling joy and happiness.

Fear, grief, and despair are uncomfortable. In our culture, we call them "negative" and think of them as "bad." But these emotions are an inevitable part of the human experience - a rich, fertile, dark soil from which something unexpected can bloom. They bring us important information about ourselves and the world and can be vehicles of profound transformation.

If we try to escape from a hard grief, we may experience a general numbness. It is difficult to live a full life if we haven't grieved our losses.

Adapted from an interview with Miriam Greenspan by Barbara Platek

http://thesunmagazine.org/issues/385/through_a_glass_darkly

Grief Group Locations

Grief Services: 2593 Park Lane, Lafayette



Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair

by Miriam Greenspan

How To Go On Living When Someone You Love Dies

by Therese A. Rando, Ph.D.

Image courtesy of jscreationzs at FreeDigitalPhotos.net

...identify your feelings, recognize you have a right to them, and find appropriate ways to channel them.

- Therese A. Rando, Ph.D.

The only people who think there's a time limit for grief have never lost a piece of their heart.



Guilt or Regret

Guilt can be a very powerful and isolating emotion, causing family and friends to withdraw from you for fear of saying the wrong thing. If you are feeling guilty about something, even if there is no basis for your guilt, you may be inclined to keep it to yourself, never verbalizing what you are thinking.

The possibilities for feeling guilty or regretful are infinite. Regret often gets confused with guilt, which makes dealing with it difficult. It may help to clarify in your own mind which it is you are experiencing.

Regrets are the things you wish you had done or said before your loved one died. Guilt, on the other hand, is what you feel when you believe you have done something wrong.

If you can't seem to resolve your guilt feelings or regrets on your own, you might ask a trusted friend or relative to help you talk them out. Or, if you'd rather not share in this way, you may want to find a counselor or religious advisor who can help you.

Be assured that you can get relief from these powerful feelings and even experience emotional growth.

Adapted from The Mourning Handbook by Helen Fitzgerald
Image courtesy of winnond at FreeDigitalPhotos.net

Getting Relief From Powerful Emotions

Identify your guilty feelings and regrets, and think about what might give you relief

Try to be objective about what happened

Remember you were doing the best you could under difficult circumstances

Be prepared to forgive yourself

Find ways to work through your feelings, such as service in the community

Look for the lessons to be gained

Most importantly, don't forget the good things you did in your relationship

Adapted from The Mourning Handbook by Helen Fitzgerald

Helping Children in Their Grief



When someone we love dies we are a tangle of many emotions, sometimes felt at the same time, sometimes cycling rapidly from one to another. We may feel like we are going crazy, a little out of control. Imagine if you didn't have the vocabulary or experience to make sense of this mess? Children feel the same mix of emotions adults do but often don't have the verbal skills to help them process their grief.

Alan Wolfelt, Ph.D. explains, "Children need reassurance from caring adults that their emotions are legitimate and normal. They need permission to feel whatever it is they are feeling, and guidance from adults in how to express them in healthy and adaptive ways. Play, physical activity, being in nature, art are all healthy ways to manage some of the emotions that grief can bring up for kids." Here are some ways you can help children in their grief:

- Be honest** and answer their questions in developmentally appropriate language
- Maintain daily routines** and give lots of affection and support
- Provide opportunities** to play, draw, be outside, exercise
- Listen** with patience, empathy, and acceptance
- Model healthy coping behaviors** by taking care of yourself to support your child

Spring Healing Circles

Teen Group

Last Thursday of the month
5:30 - 7:00
Creative arts, sports & nature
Ages 13-18

Healing with Horses Group

8-week Group
March 14 - May 9
(no meeting on March 28 for spring break)
Ages 6 -18

Kids and Parents Grief Group

Dates tbd
Ages 5 -12

Mother's Day Wreath Making

May 13
All ages

Counseling is available for TRU Community Care kids and teens. Consultations, information, and presentations for community families, schools, and professionals are also available. Groups are available to both TRU families and community members free of charge. For specific times, dates, and locations, and to register, please call Kate Dalla Betta at 303.604.5330. Pre-registration is required for all events.

Grief Services Staff

Jessica Fink
Grief & Volunteer
Services Manager

Thad Frye
Adult Grief Counselor

Charley Rosicky
Adult Grief Counselor

Kate Dalla Betta
Children's Grief Counselor

Reta Morrisette
Grief Group Coordinator

Shelli Worrall
Office Coordinator

Contact Us

303.604.5300
Visit us at
trucare.org
and facebook.com/
TRUCommunityCare

TRU Grief Services welcomes donations. Donations will help provide resources for groups and family night and provide materials. TRU Community Care is a nonprofit 501(c)3 organization. We appreciate your support.