

Lesson 2 HOMEWORK Assignment

Remember the videos we watched in Lessons 1 and 2.

- OC87 Recovery Diaries: Beneath the Vest with Ron Griffith
- How Do You Help a Grieving Friend? by Megan Devine
- Shanti Vani's Story of Loss of Naomi
- What is Addiction? by Gabor Mate

People May Try to Reason the Sadness Away

Think about these unhelpful phrases. Which ones have affected you?

- *Life goes on. Be grateful. Count your blessings.*
- *She's in a better place. She's not suffering anymore.*
- *He had a long, full life. You knew he wouldn't live forever.*
- *There are many more fish in the sea. She wasn't good for you anyway.*
- *You don't look depressed. You look just fine.*
- *Be strong. You can handle it.*
- *God doesn't give you more than you can bear. Just pray.*
- *Don't be sad. Cheer up. You'll be ok.*
- *Just give it time. Time will take care of it.*

These comments are designed to divert attention away from sad feelings. They tell us to stuff them back inside. They are an attempt to reason with you as to why you should not feel the way you feel. Though well-intentioned, these comments suggest that you should not feel the way you feel. Our society has not taught us how to deal with loss in healthy ways. So, the result is that we tend to feel even worse. Think about some ways you could respond that would be helpful to a griever.

We Are Expanding our Ability to Say Helpful Things to Support Our Friends in Grief

Remember these phrases from Lesson 2 and let them sink in.

- *I am with you. I hear you.*
- *This is so difficult. I can't imagine how you must feel.*
- *Do you want to talk about it?*
- *It's ok to say their name.*
- *Do you want to tell me about him/her?*
- *I will call you tomorrow.*
- *I will bring you some dinner tonight.*

Write Some Helpful Comments You Might Say in Response to the People in the Videos