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First Things: Finding Balance in Unique vs. Shared Experiences

Unique

Shared



Overview

- It helps to find balance between experiences you share with other grieving people while also honoring the unique aspects of your grief.
- Focusing too much on what is unique about your grief experience may cause you to feel isolated, lonely, and may limit the support you receive from others.
- Assuming there is nothing special about your loss may cause you to underestimate the significance of your grief and you may not give your grief process the time and energy it needs.

Journaling Topics/Prompts

- "“Each person’s grief is like all other people’s grief; each person’s grief is like some other person’s grief; and each person’s grief is like no other person’s grief.”
(Worden, 2009, p. 8) How do you interpret this quote?
- What is unique about your loss and your grief? How are you different from others who are grieving the same person?
- In what ways are you similar to other bereaved people?
- What aspects of your loss or grief do other people not understand?