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Healing Challenge: Numbness & Disbelief

Especially early on in your grief journey, you may experience numbness and disbelief as your primary grief response. This is often a short-term, protective response. It may help you be able to make some practical adjustments immediately after your loss. But long-term, numbness and disbelief will impede your grief journey.

Dealing with Numbness & Disbelief

- Set aside time to focus on your grief.
- Visit special places/locations to remove distractions and give you space to experience your grief.
- Write about your loss, what it means to you, and how it has impacted your life thus far.
- Write a letter to your loved one expressing sentiments you wish you could tell them. Read the letter out loud.
- Visit their place of final rest or the place where they died.
- Share your reaction (including your sense of numbness and disbelief) with someone you trust.

Journaling Prompts

What is your personal response to your own sense of numbness or disbelief? Does it frustrate you? What have you tried so far? What do you think you need to try? Does this bother you? Bother others? Both? Has your sense of disbelief been helpful in some ways (e.g., has it allowed you to complete some tasks, care for others, etc?)