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Healing Unexpected & Traumatic Loss

Unexpected and traumatic loss can be some of the most difficult losses to find healing. These can include situations when your loved one died too young or without warning, as well as losses due to suicide, overdose, and accidents, and losses of children of any age, and other situations.

In the video, I reviewed Dr. Janoff-Bulman's work in which she says most people have three assumptions about the world. These assumptions are often shattered by unexpected and traumatic loss.

- 1) **The world is benevolent** -- which suggests that most things turn out
- 2) **The world is meaningful** -- or that most things happen for a good reason
- 3) **The self is worthy** -- and therefore, bad things shouldn't happen to me or people I care about

As I mentioned, these 3 assumptions are shaken or shattered by traumatic loss. We don't think bad or tragic things will actually happen to us or people we care about.

What do we do?

There are no easy answers to healing traumatic loss. But part of the answer is facing the reality that our world may not be as safe or consistent as we had assumed. If you have dealt with unexpected and traumatic loss, then unfortunately you already know that bad things do happen to good people. In the face of relearning your world, you may find that you are even more aware of the preciousness of life and relationships. More discussion on this will occur in the next few sections.