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Rebuild: Holding On & Letting Go

“All the art of living lies in the fine mingling of holding on and letting go.”
-- Havelock Ellis

I do NOT think this quote means that the goal of grief is letting go. But the quote does acknowledge that life includes some amount of letting go – we see this in everyday life, in big and small matters. If we choose Option A, then we forego Option B. Doors open and doors close. The process of rebuilding does include some aspects of letting go. Or if you like to adjust the words a little bit – perhaps it sounds better to say a process of “transforming” your relationship with your loved one.

Each person must come to their own balance of holding on and letting go. Many factors influence this including your relationship, your age, your view of the future, and many more.

Considerations and Examples of Holding On & Letting Go

- What personal items do you keep? What do you pass along?
- What traditions do you reform or end? What do you keep doing?
- How much time and energy do you invest in your continuing bonds with your loved one; how much time and energy do you put into the living?
- How much of your day-to-day routines remain the same? What do you change?
- How are your long-term goals and dreams influenced by your loss?