



HOW TO SUPPORT OTHERS

SIX COMMON THOUGHTS AROUND LOSS:

1. ~~'DON'T FEEL SAD'~~ Instead: **'WHAT YOU ARE FEELING IS PERFECTLY NORMAL'**: We don't want others to feel unhappy, so we encourage them to push sad, painful, or negative emotions away to focus on being positive and logical.

2. ~~'REPLACE THE LOSS'~~ Instead: **ACKNOWLEDGE THEIR EMOTIONS:** When we do this it creates the belief that if an individual replaces the loss, it will fix everything, and they will feel better. In truth, they don't feel better, they just feel different.

3. ~~'GRIEVE ALONE'~~ Instead: **IT'S SAFE TO TALK:** Grieving in alone is a learned behaviour and a result of social conditioning. Tell others you feel safe with and trust.

4. ~~'BE STRONG'~~ **SHOWING YOUR EMOTIONS IS STRENGTH:** Most people hide their own feelings, because they believe that to act strong they need to hide and cover up their honest emotions. In reality they are actually lying to those they interact with and a lot of times to themselves.

5. ~~'KEEP BUSY'~~ **REALISE THAT IT IS OKAY TO STAY STILL FOR A MOMENT:** Keeping busy is a way to distract the mind from what's really going on. Behavioural problems can be a result of the lack of acknowledgement of the emotions that are needed to be communicated.

6. ~~'TIME HEALS ALL WOUNDS'~~ **ACTION IS NEEDED TO HEAL YOUR WOUNDS:** What we do with our time helps to shape our lives. Over time it may appear that we have moved on from the losses that we have experienced but in reality they are still being stored in our physical, mental, spiritual and emotional bodies. These stored losses will filter into how we present ourselves to the world around us; into our relationships and even how we talk to ourselves. Knowing this do you just want to let time take over or do you want to take action to move past what holds you back?



Carleen Ross Coaching
Rediscover yourself following a loss

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