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"I've learned that I still have a lot to learn"
- Maya Angelou

We will all experience death at some point in our life. Some will be tragic, some sudden and some unexpected. I know I had a lot to learn about death and it's meaning to my life now and in the future. I do know way more than I ever wanted to know about the process of grieving but believe me, I am still learning. With school coming to an end, I thought it would be fun to keep up our learning in an area where some of us lack the knowledge to know how to help others and ourselves.

So what exactly is the difference between grief and mourning? What makes counseling, coaching and therapy unique? Can we decipher between regret and guilt? Who are the bereaved? What is the definition of normal? The definitions of death do not have to be taken literally but can be adjusted and focused to your way of handling your grief or helping a friend with theirs.

The following is a list of words and their Merriam – Webster meanings:

GRIEF - the internal experience of loss

MOURNING - the outward expression of grief

BEREAVED - suffering the death of a loved one

HEAL - to make or become sound or whole

HOPE - desire with expectation of fulfillment
- one that gives promise for the future

REGRET - a sense of loss
- distress over having done the wrong thing
- an expression of disappointment or sorrow

GUILT - the fact of being responsible for wrongdoing
- a feeling of responsibility for having done something wrong

REMORSE - regret for one's sins or for acts that wrong others
- distress arising from a sense of guilt

SUPPORT - to hold up or serve as a foundation for

THERAPY - remedial treatment of bodily, mental, or social disorders

COUNSELING - advise, recommend
- to consult together

COACH - to instruct, direct or prompt

MEMORY - the time within which past events are remembered

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NORMAL - regular, standard, natural
- the usual condition

The meaning of words can help us understand what we are feeling and experiencing. Learning never stops and for those of us who have suffered a loss, there is a lot to be learned.

Barb