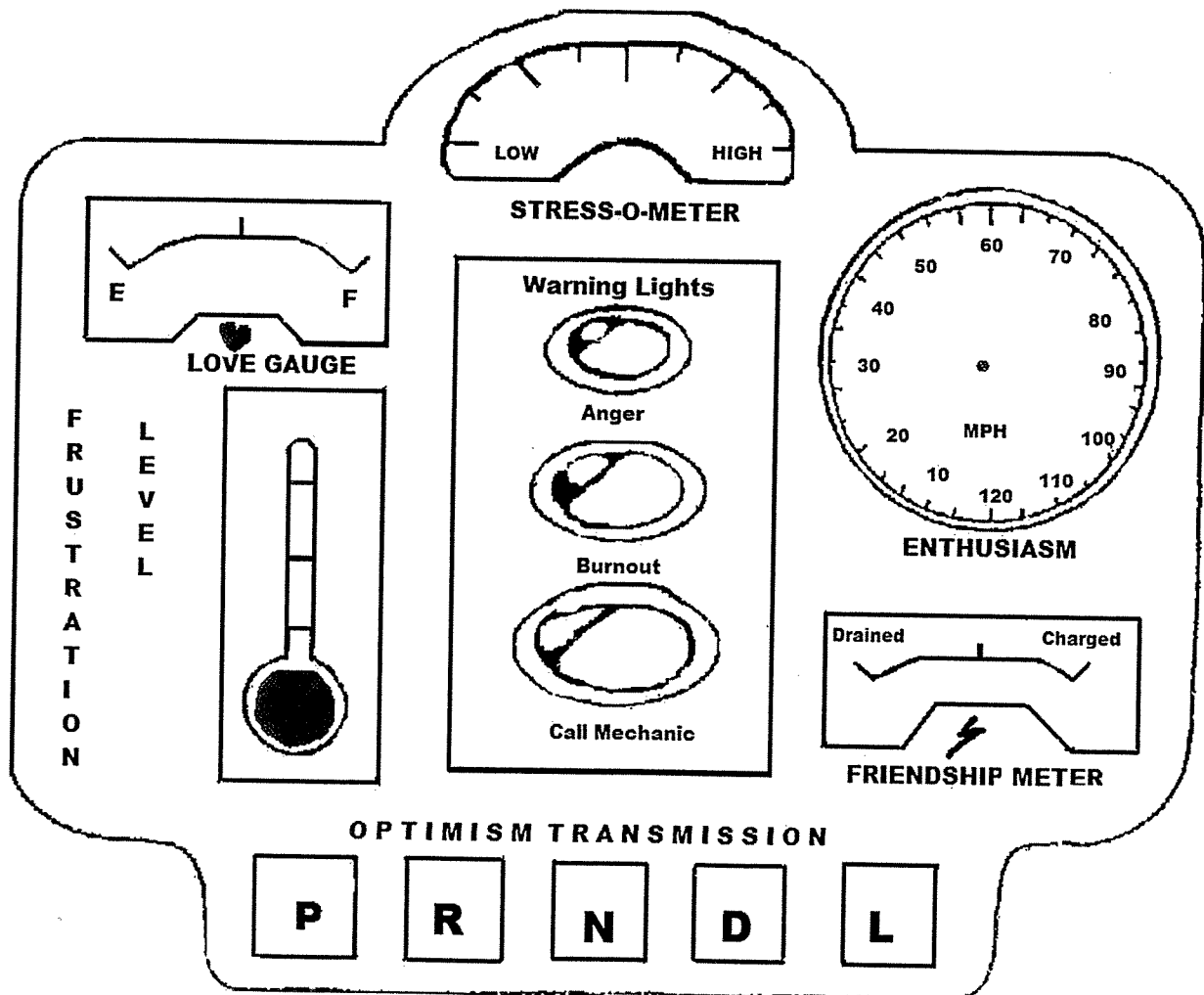


# How Is Your Soul Doing?

From InterMission Silent Retreat, sponsored by Centrepoint Community Church, Edmonton – Held at Providence Renewal Centre, Edmonton, November 6-8, 2009

How is your soul doing? Let's check the gauges of your emotional dashboard indicators of how your soul is faring. Use the drawing below to mark how you are doing. Is your fuel tank of love and compassion full or empty? How many miles per hour is your enthusiasm running? How high are your stress, frustration and friendship levels? Are any of your warning lights flashing? What gear is your optimism transmission in? Is your stress-o-meter at High, Low, or somewhere in between? How would you diagnose your soul?



## GRIEF TYPES WHICH COMPLICATE MOURNING

### Absent Grief

No apparent feelings, despite a close relationship with the dead person, e.g. Miss Happy-Go-Lightly.

### DISTORTED GRIEF

EXPLOSIVE EMOTIONS OF ANXIETY, ANGER, GUILT, OR DEPRESSION,  
E.G. JACK THE RIPPER

### Chronic Grief

Acute symptoms of grief that don't change over time; may not appear to be grieving, e.g. Eor

### Disenfranchised Grief

Survivor who experiences a death that cannot be openly acknowledged, publicly mourned, or socially supported, e.g. AIDS, alcoholic or addict, ex-spouse, pet, miscarriage, very elderly

### Converted Grief

OUT-OF-CONTROL BEHAVIOUR THAT THE SURVIVOR DOES NOT RELATE TO THE LOSS:

**Compulsive behaviour – workaholic, substance addiction, anorexia, bulimia, shopaholic, crusader, intellectualizer, etc**

**Replacer** – replaces the dead person with another, e.g. early remarriage, other children

**Minimizer** – constantly minimizing their feelings of grief, e.g. "I'm fine"; "I'm back to normal".

**Hypochondriac** ☒ constantly going to the doctor or the hospital

## DIMENSIONS OF RECONCILIATION – Take your Temperature

Adapted from Overview of Normal Experience of Grief, Alan W. Wolfelt, PhD. Reprinted with permission.

These criteria are intended to help you assess your movement toward RECONCILIATION. Not every person will illustrate each of these criteria; however, the majority of criteria should be present, for you to be considered beyond ENCOUNTER with the new reality. Many bereaved persons will attempt to convince themselves and others that they are further along in the healing process than they really are or vice versa. Awareness of these criteria can help you identify areas that require your attention and thought. Using this checklist on a periodic basis can help you see your progress over time by using the same criteria and noticing how you've changed – and hopefully healed. You can rank each dimension on a scale of 1 – 5; or just indicate Yes/No. You can add some of your own dimensions at the bottom!

Dimensions of Reconciliation	Date	Date	Date
Recognition of the reality and finality of my loved one's death.			
A return to stable eating and sleeping patterns, as before the death.			
A renewed sense of energy and personal well-being.			
A subjective sense of release or relief from the person who has died (you have thoughts of the person but you're not preoccupied with these thoughts.)			
The capacity to enjoy experiences in life that should normally be enjoyable.			
The establishment of new and healthy relationships.			
The capacity to live a full life without feelings of guilt or lack of self-respect.			
The capacity to organize and plan my life toward the future.			
The capacity to be comfortable with the way things are, rather than attempting to make things as they were.			
The capacity to being open to more change in my life.			
The awareness that I've allowed myself to fully grieve and I've survived!			
The awareness that I will not "get over grief", but instead, I acknowledge that "This is my new reality and I'm ultimately the one who must work to create new meaning and purpose in my life."			
The capacity to acknowledge new parts of myself that have been discovered in my growth through my grief. (What are they?)			
The capacity to adjust to the new role changes that have resulted from my loss.			
The capacity to be compassionate with myself when normal resurgences of intense grief ("griefbursts") occur (holidays, anniversaries, special occasions).			
The capacity to acknowledge that the pain of my loss is an inherent part of my life that results from my ability to give and receive love.			