

Grief Helps



Grief Often Has Its Anger

James E. Miller



Anger is one of the sinews of the soul.

THOMAS FULLER



*Anger as soon as fed is dead—
'Tis starving makes it fat.*

EMILY DICKINSON

Not everyone feels angry as they grieve,

and anger is certainly not a universal “stage” of grief.

Yet many grieving people do experience anger after a loved one’s death.

For anger is an elemental response, whatever one’s age,

after you’ve been hurt or betrayed, or after an injustice has been done,

or after something important is taken from your life.

Then your anger says, clearly, “I don’t like this! This isn’t right!”

Your anger is your way of making sure that attention is paid

to what has happened to you,

that your unwanted loss is recognized and acknowledged.

Often your anger grows out of fear—

fear of being alone, or fear of not being loved,

or fear of what will now happen to your life as a result of this death.

When anger does occur, it’s best to allow it and express it,

rather than permanently suppress it, which only makes matters worse.



*The one who gets angry at the right things
and with the right people,
and in the right way and at the right time
and for the right length of time,
is commended.*

ARISTOTLE

You may get angry at those who don't understand all you're going through,
those who don't appreciate what they still have and you don't.

You may get angry at those close to you who aren't grieving like you are—
maybe not in the same manner, to the same degree, or at the same time.

Odd as it may sound, you may be angry with the one who died,
for having deserted you, leaving you so alone.

You may be angry at yourself for not dealing with your grief
any better than you are.

You may be angry at God, for what you believe God did to you,
or perhaps what God did not do for you.

You may be generally peeved at the whole world
for the unfairness of what has happened in your life.

Such anger makes sense.

Within limits, such anger can be healthy.

And, within limits, your anger can be one integral part of your healing.

Resources for Grieving People

BY JAMES E. MILLER

Books

One You Love Has Died
When Mourning Dawns
What Will Help Me?
A Pilgrimage Through Grief
When a Man Faces Grief
Winter Grief, Summer Grace
How Will I Get Through the Holidays?
Change & Possibility
Un Ser Amado Ha Fallecido

DVDs

When Mourning Dawns: The DVD
Invincible Summer
Listen to Your Sadness
How Do I Go On?
By the Waters of Babylon
We Will Remember
Nothing Is Permanent Except Change

Electronic Resources

100 Healing Messages for Your Grief: Emailed Videos
Grief's Healing Journey: An eNewsletter



10351 DAWSON'S CREEK BOULEVARD, SUITE B | FORT WAYNE IN 46825 | 260.490.2222