

Grief Helps



Grieving Is Often
An Act of Courage

James E. Miller



*The strongest, most generous, and proudest
of all virtues is true courage.*

MICHEL DE MONTAIGNE



Fortune helps the brave.

TERENCE

Courage is the resolve to face and then deal with

any uncertainty or pain or grief that lies before you.

It is the inner strength you call forth

as you prepare to do something that alarms or frightens you.

It makes sense, then, that an experience of significant loss

would require of you a measure of courage—perhaps a large measure.

If this is your first encounter with grief,

you may not know what to expect, leaving you anxious and fearful.

You may not understand all that is happening to you,

especially all that is happening within.

If this is your latest encounter with grief,

and if your loss is particularly devastating,

you may know all too well what to expect,

leaving you just as anxious, just as fearful.



Sometimes even to live is an act of courage.

LUCIUS ANNAEUS SENECA

*The great virtue in life is real courage that knows how
to face facts and live beyond them.*

D. H. LAWRENCE

The fundamental fears with many of our griefs are often carried
on words like these:

*Can I literally go on living without the physical presence of the one I love
who has been such a vital part of my life?*

*Can I make my way through each of the coming days,
awakening each morning to the renewed sense of that hurt,
and going through the day's unfolding hours exquisitely aware
of the all little ways this loss plays itself out in my life?*

*Can I bear to face all the reminders—
the sight of my loved one's possessions, the traces of their everyday routines?*

*Can I engage with the people who are around me,
both those who understand and want to help,
and those who do not understand, those who are not helpful?*

*As my grief continues, will I be able to let go of what I must,
whether it's something material or something immaterial?*



*There is a courage of happiness
as well as a courage of sorrow.*

ALFRED ADLER

Grief ultimately leads you toward choosing your attitude toward life.

Will you resign yourself to feeling impaired or broken after this death?

Or will you believe you can gradually heal and act to help that happen?

Will you try to avoid the reality of this loss, or will you face it?

Will you stagnate in life, or will you move forward as you're able?

Will you draw in upon yourself, or will you open to love in all its forms?

When confronted with these basic life choices,

you can do no better than call upon your courage right from the start.

Recall those times when you've been courageous before

and tap into that strength you've already begun to build.

Ask a trusted companion to remind you of your singular strengths.

Learn how grievers before you have encouraged their own inner fortitude.

Seek counsel from trained professionals.

Call upon your faith, upon that spirit within, upon the Spirit all around.

Nourish your courage and your courage will nourish your life.

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



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