

# From Grief to Gratitude

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# Defining Grief

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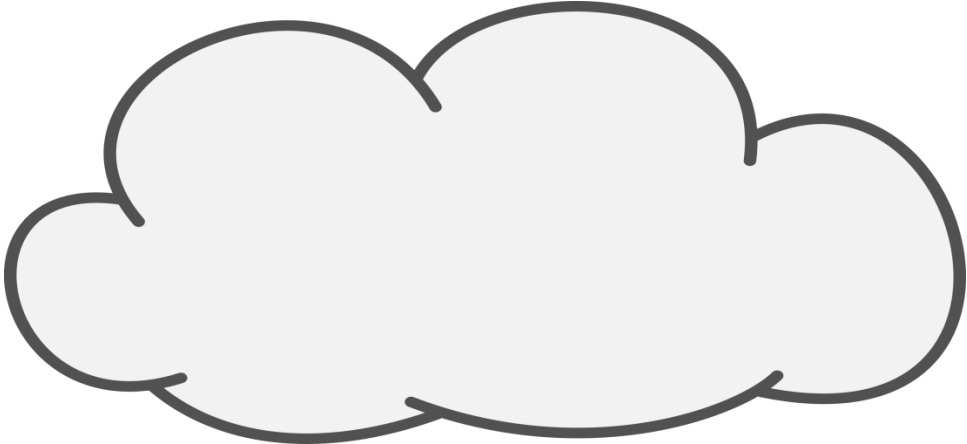
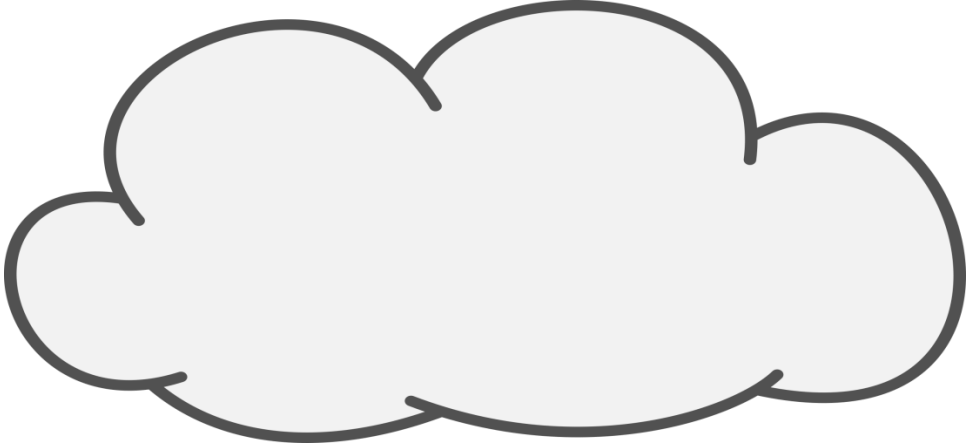
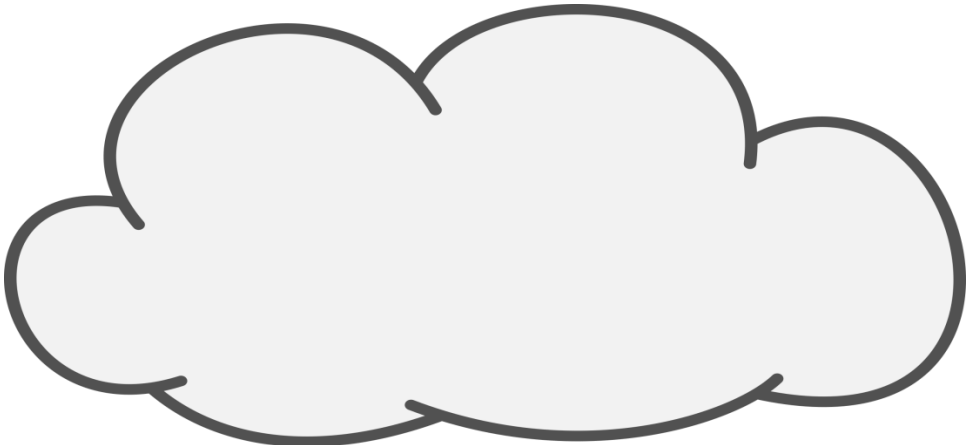
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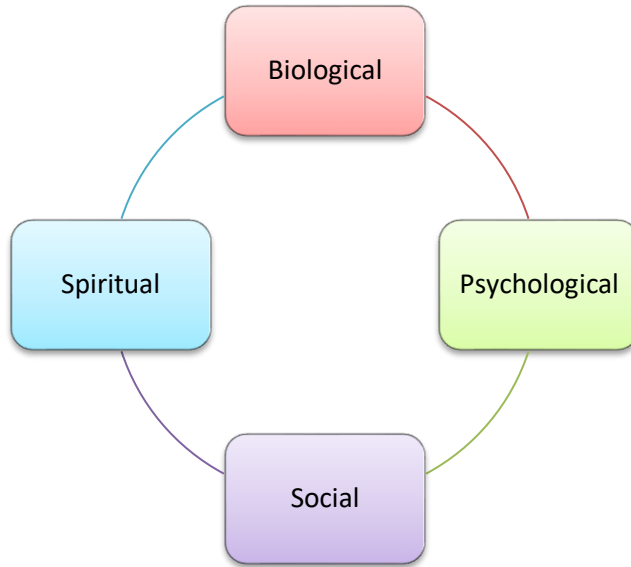
- Grief=
- \_\_\_\_\_

# Types of Losses

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# Myths About Grief





**Biological:**


**Psychological:**


**Social:**


**Spiritual:**


# Defining Mourning

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- Mourning=
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# Defining Bereavement

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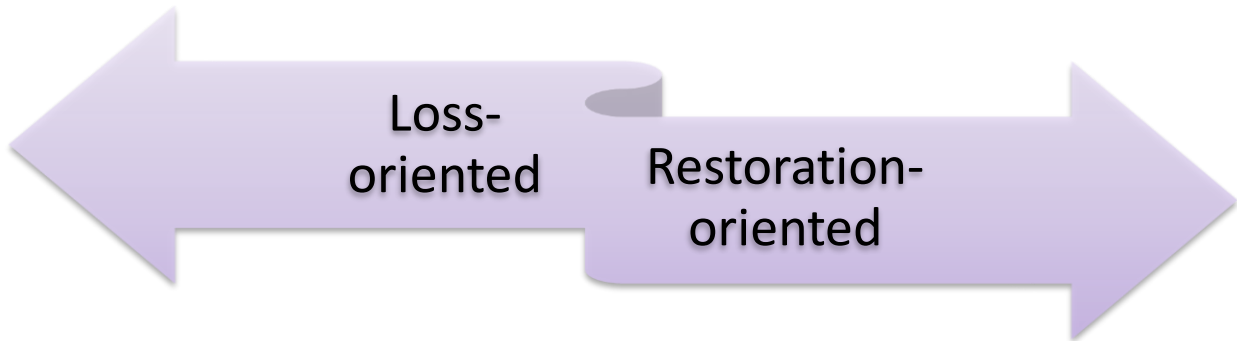
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- Bereavement=
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# Kubler-Ross Stages of Grief



# Stroebe and Schut Dual Process of Grief



# J. William Worden's Four Tasks of Mourning

Accept	Experience	Adjust	Emotionally Relocate
<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li></ul>	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li></ul>	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li></ul>	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li></ul>



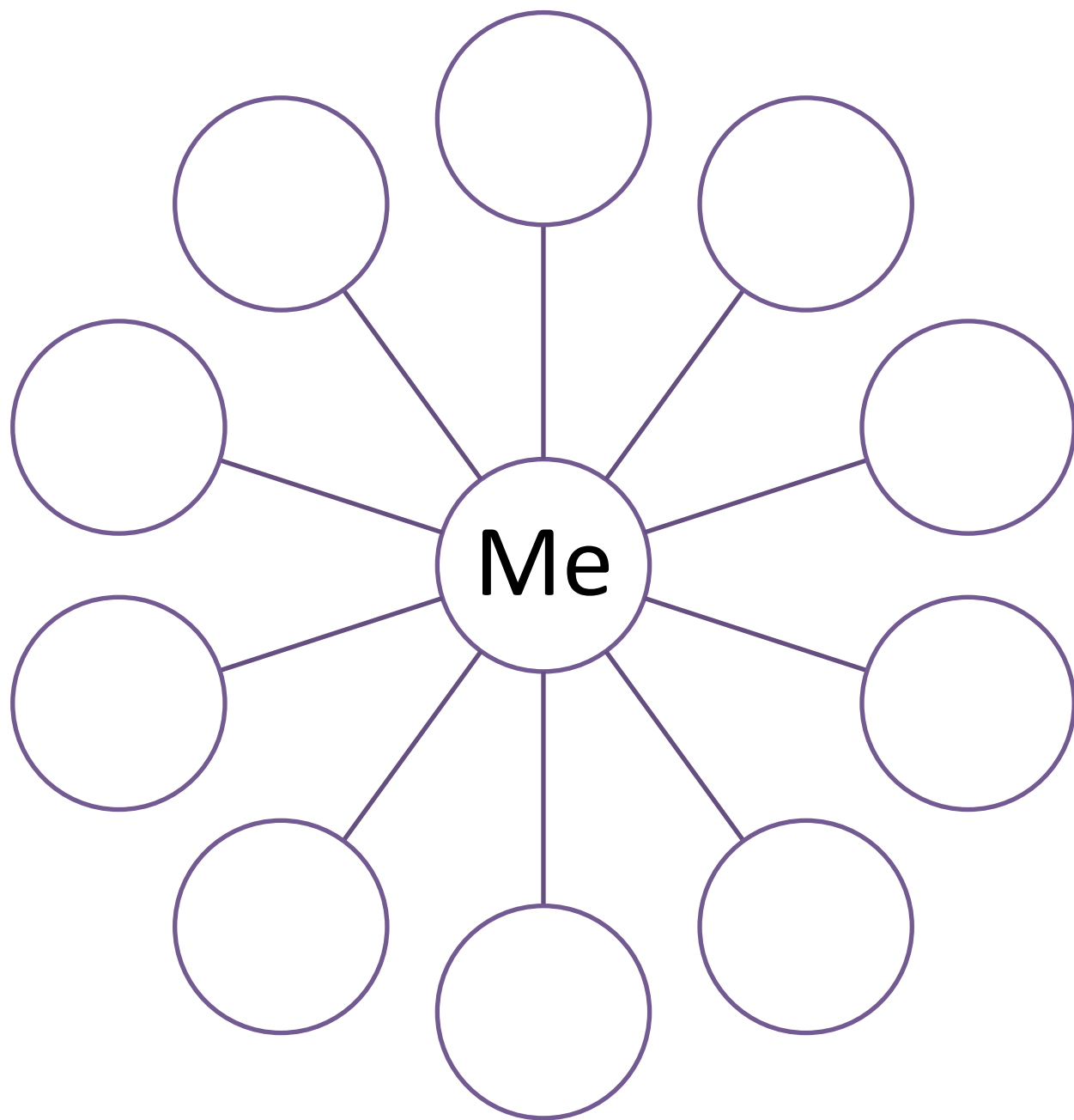
# Helping Those in Grief

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# 12 Helpful Hints for Your Grief Journey

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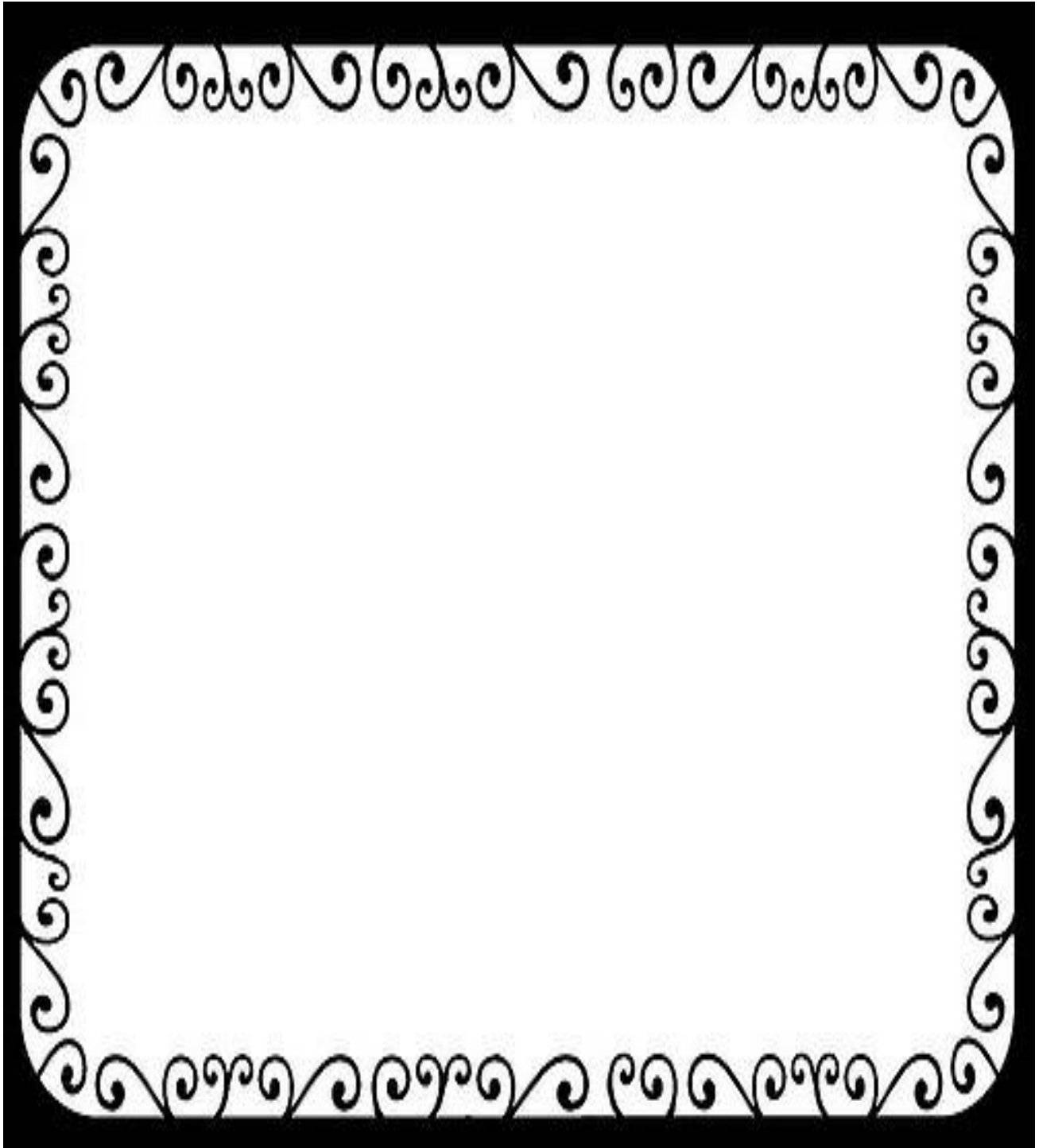
# Create a Grief Support System



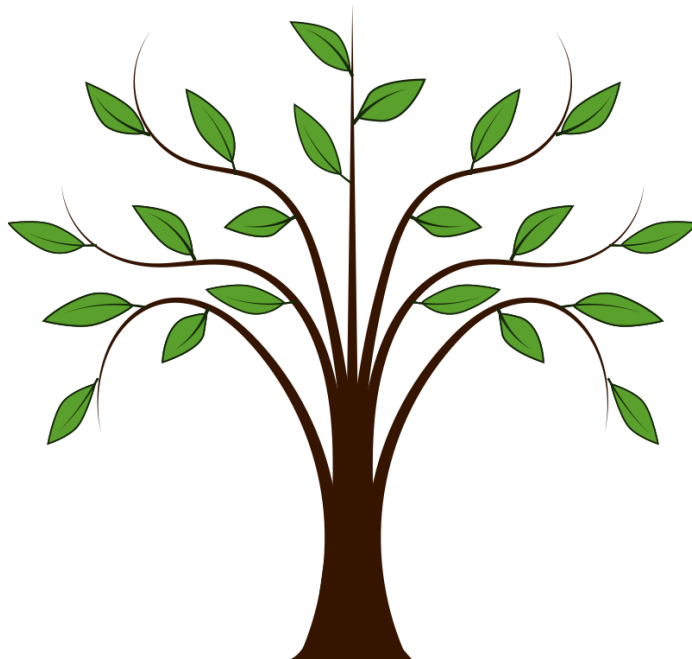
# Tasks of Grief



# Guidelines



# Gratitude



# Thoughts from the Morning

**What is something you already knew?**


**What is something new you learned?**


**How can you apply it with Action Steps:**


## **When Someone You Love Dies**

"When someone you love dies, part of what you miss is all the things you count on them to know-the inside jokes, the names of the places and people you can't quite recall, old recipes and phone numbers, the names of songs and movies. We miss the ability to revisit those memories and fact check them against one another. We miss the parts of the relationship that no one else would really get. In short, we miss the us that we shared and the parts of it we can't experience without them. When someone we love dies, they always take a part of us with them, and we always keep a piece of them close to our hearts as well."

James Campbell

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## **A Prayer for Healing**

Lord, you are the Creator. You made everything that is beautiful, and without You was no good thing made. You lit the sun and hung the moon, and You know the place of every star in the sky. You know how many grains of sand are on the ocean's floor, and the number of hairs on each of our heads. You hold the oceans in Your hands and breathed life into all that breathes. The earth itself declares Your glory. You change the seasons, but You do not change. You are the same yesterday, today, and forever.

You make everything beautiful in its time.

Knowing your goodness and Your greatness, it sometimes is confusing when things are not yet beautiful. When we come to You with hands full of broken pieces, it makes it hard to fold our hands to pray. Sometimes things are hard. Relationships show their cracks. Hearts are broken. Our bodies grow more fragile and ache with the passing of time. We grow older and our losses weigh heavy on us at times. In that moment we hear you whisper, "Cast your cares on me."

You make everything beautiful in its time.

Lord, you are Healer. You bind up the broken-hearted. You take the beautiful things that were broken, and You make them new. You take the precious things time has tarnished and make them to shine once more. You turn winter to spring and give beauty for ashes. There is no relationship so damaged that You cannot restore it. There is no body so injured that You cannot make it whole. There is no sorrow so deep that it is beyond Your ability to comfort it. When we cannot yet quite see the dawn for the darkness, may we remember

You make everything beautiful in its time.

Lord, You are Creator, Restorer, and Healer. You make everything beautiful in its time. May that time be now, Lord. Amen.

James E. Campbell

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# CONTACT INFORMATION

**James Campbell, LPC, CACII, MAC**

**Director of Family Excellence Institute, LLC**

**Founder of Family Excellence, Inc.**

**President-elect, SCAADAC**

**Associate Pastor, Connection Fellowship**

**Author of:**

**Broken: Finding Peace in Imperfection**

**Perfect Marriage    Twenty Myths that Can Really**

**Mess Up Your Relationships**

(864) 360-1636

[jamescampbell@familyexcellence.net](mailto:jamescampbell@familyexcellence.net)

[www.familyexcellence.net](http://www.familyexcellence.net)



**Family Excellence Institute, LLC**



**Twitter: @jcampbellgreen**