Grief As Self-Discovery
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Part 1. What is Grief?

Grief is a loss that requires us to rethink our identity in some way.

Grief and the Preconscious

Preconscious: source of instinctual expectation for care, safety, and acknowledgement.

Part 2. What does Grief do for us?

Grieving is a motion for processing - moving from potential to actual emotional progress.

(an Aristotelian perspective)

Components of Grief

1. Belief that loss has happened.  
2. Change in disposition.  
3. Experience of anguish.  
4. Acknowledgment of former and prolonged connection.

Tasks of Grieving

1. Acknowledging the reality of loss.  
2. Working through emotional turmoil.  
3. Adjusting to the environment where the loss is apparent.  
4. Loosening ties to felt loss.

“Out of suffering have emerged the strongest of souls.”  
(Khalil Gibran)

1. Based on How We Grieve by Thomas Attig, Ph.D.