

EFT FREEDOM TAPATHON DAY 7, 7th JANUARY 2022

Questions & Answers

1. What are the stages of grief?

The stages of grief are based on a theory developed by psychiatrist Elisabeth Kübler-Ross which suggests that we go through five distinct stages of grief after the loss of a loved one. They are: Denial, Anger, Bargaining, Depression, and finally Acceptance.

- **Denial:** Denial is the stage where a person refuses to believe that the death has happened. It can be hard to believe that we have lost an important person in our lives, especially when we may have just spoken with this person the previous week or even the previous day. Denial is an attempt to pretend that the loss does not exist. One is also trying to absorb and understand what is happening.
- **Anger:** One is trying to adjust to a new reality and they are likely experiencing extreme emotional discomfort. There is so much to process that anger may feel like it allows us an emotional outlet. Anger allows us to express emotion with less fear of judgment or rejection.
- **Bargaining:** When bargaining starts to take place, one is often directing their requests to a higher power, or something bigger than they are that may be able to influence a different outcome. Bargaining can come in a variety of promises including: "God, if you can heal this person I will turn my life around," "I promise to be better if you will let this person live," "I'll never get angry again if you can stop him/her from dying or leaving me." This feeling of helplessness can cause us to react in protest by bargaining, which gives us a perceived sense of control over something that feels so out of control. While bargaining we also tend to focus on our personal faults or regrets. We might look back at our interactions with the person we are losing and note all of the times we felt disconnected or may have caused them pain.

- **Depression:** One starts to feel the loss of the loved one more abundantly. As the panic begins to subside, the emotional fog begins to clear and the loss feels more present and unavoidable. One might find themselves retreating, being less sociable, and reaching out less to others about what they are going through. Although this is a very natural stage of grief, dealing with depression after the loss of a loved one can be extremely isolating.
- **Acceptance:** When one comes to a place of acceptance, it is not that they no longer feel the pain of loss. However, they are no longer resisting the reality of the situation, and are not struggling to make it something different.

2. How does grief affect the body?

If held for too long, grief affects our reproductive system, heart as well as kidneys.

3. How to write the letter for releasing grief?

Choose a person you have lost and write a letter to them expressing how much you loved them, how much you miss them. Most importantly, express what you have always wanted to tell them but could not. Pour your heart out. At the end of 21 days, bury or burn this letter as an act of letting go.

You can choose to write this letter to yourself as well, if you feel like you have lost your identity or lost a part of yourself. You can also write it for the loss of your career, or anything that you want to let go of.