


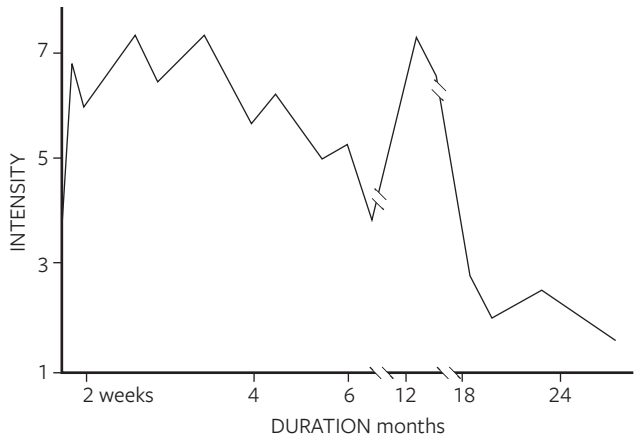
Recovering  
*from* Losses  
in Life

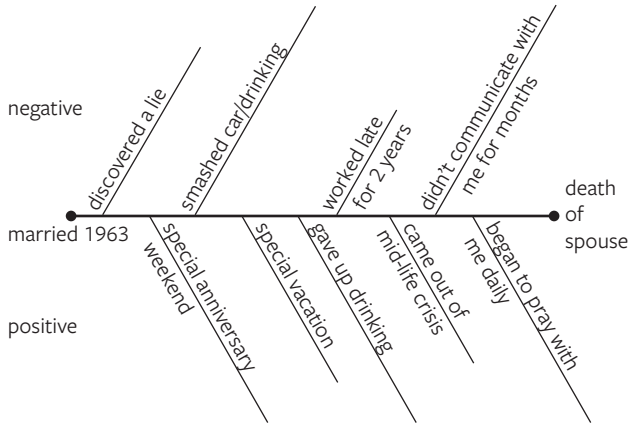


H. NORMAN  
WRIGHT

Identifying some of the roles that a deceased person played in your life may help you understand the direction your life will now be taking. Think of someone close you have lost, or think about what it would be like if the person died. Circle any of the following that apply and then list additional roles not mentioned here:

friend	parent
handyperson	brother
lover	sister
gardener	provider
companion	cook
sports partner	bill payer
checkbook balancer	laundry person
mechanic	confidant(e)
encourager	mentor
motivator	prayer partner
business partner	source of inspiration or insight
errand person	teacher
tax preparer	counselor
spouse	protector
child	organizer





On a scale of 0 to 10 (0 meaning “not at all” and 10 meaning “total recovery in that area”), rate yourself in response to each question. This evaluation is geared toward the loss of a person, but it can be adapted to other losses as well.<sup>4</sup>

### **Changes in Myself Because of My Loss**

I have returned to my normal levels of functioning in most areas of my life.  
0 ----- 5 ----- 10

My overall symptoms of grief have declined.  
0 ----- 5 ----- 10

My feelings do not overwhelm me when I think about my loss or when someone mentions it.  
0 ----- 5 ----- 10

Most of the time I feel all right about myself.  
0-----5-----10

I enjoy myself and what I experience without feeling guilty.  
0-----5-----10

My anger has diminished, and when it occurs, it is handled appropriately.  
0-----5-----10

I don't avoid thinking about things that could be or are painful.  
0-----5-----10

My hurt has diminished and I understand it.  
0-----5-----10

I can think of positive things.  
0-----5-----10

I have completed what I need to do about my loss.  
0-----5-----10

My pain does not dominate my thoughts or my life.  
0-----5-----10

I can handle special days or dates without being totally overwhelmed by memories.  
0-----5-----10

I have handled the secondary losses that accompanied my major loss.  
0-----5-----10

I can remember the loss on occasion without pain and without crying.  
0-----5-----10

There is meaning and significance to my life.  
0-----5-----10

I am able to ask the question "How?" rather than "Why?" at this time.  
0-----5-----10

I see hope and purpose in life, in spite of my loss.  
0-----5----- 10

I have energy and can feel relaxed during the day.  
0-----5----- 10

I no longer fight the fact that the loss has occurred. I have accepted it.  
0-----5----- 10

I am learning to be comfortable with my new identity and in being without what I lost.  
0-----5----- 10

I understand that my feelings over the loss will return periodically, and I can understand and accept that fact.  
0-----5----- 10

I understand what grief means and have a greater appreciation for it.  
0-----5----- 10

### **Changes in My Relationship with the Person I Lost**

I remember our relationship realistically with positive and negative memories.  
0-----5----- 10

The relationship I have with the person I lost is healthy and appropriate.  
0-----5----- 10

I feel all right about not thinking about the loss for a time. I am not betraying the one I lost.  
0-----5----- 10

I have a new relationship with the person I have lost. I know appropriate ways of keeping the person "alive."  
0-----5----- 10

I no longer go on a search for my loved one.  
0-----5-----10

I don't feel compelled to hang on to the pain.  
0-----5-----10

The ways I keep my loved one alive are healthy and acceptable.  
0-----5-----10

I can think about things in life other than what I lost.  
0-----5-----10

My life has meaning even though this person is gone.  
0-----5-----10

### **Changes I Have Made in Adjusting to My New World**

I have integrated my loss into my world, and I can relate to others in a healthy way.  
0-----5-----10

I can accept the help and support of other people.  
0-----5-----10

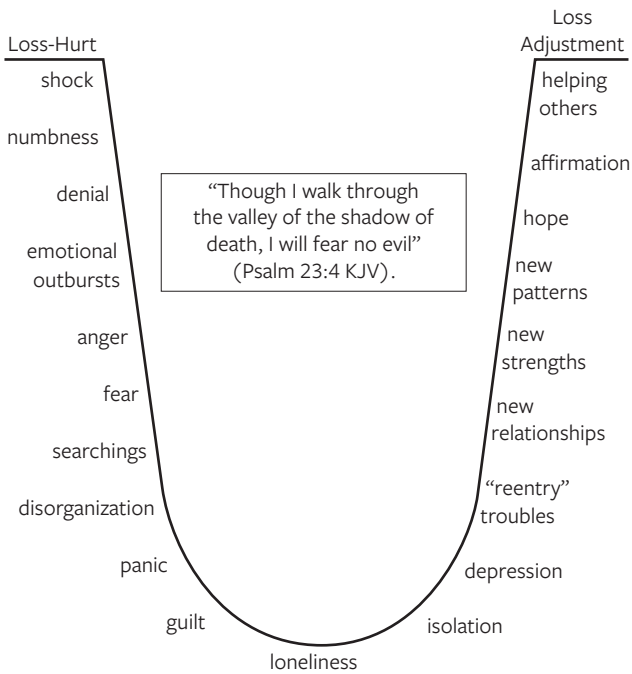
I am open about my feelings in other relationships.  
0-----5-----10

I feel it is all right for life to go on even though my loved one is gone.  
0-----5-----10

I have developed an interest in people and things outside myself that have no relationship to the person I lost.  
0-----5-----10

I have put the loss in perspective.  
0-----5-----10





## Study Questions

The following study questions can be used by individuals or for group discussion and will help readers apply the suggestions in this book to their own lives.

### **Chapter 1 The Losses of Life**

1. Can you think of a loss in your life that you didn't experience as a loss at the time it happened?
2. Can you describe a loss in your life that you've never fully grieved over? If so, how has this affected you?
3. What experience in your life can you describe as both a gain and a loss?
4. What are two threatened losses that you expected in your life that never materialized? How did you feel during the threat? How did you feel after the threat was over?

### Study Questions

5. Have you experienced a loss that is not usually defined as a loss? Describe it.
6. What major loss can you remember experiencing during your teenage years? Describe it.
7. What is the worst loss you have ever experienced?
8. What do you think are four of the most significant losses men experience?
9. What do you think are four of the most significant losses women experience?

## Chapter 2 Losses We Never Considered

Listed below are a series of statements concerning grief and loss. Read each one and then indicate whether you agree or disagree with the statement. After each person in your group has had an opportunity to respond to the questions, indicate by a show of hands who agreed with the statement and who disagreed. Then share with one another why you responded to the statement the way you did. As you proceed through the book, you will develop greater insight into these statements.

1. Grieving is more difficult when people “give in” to their sorrow.  
 agree       disagree
2. Time will eventually heal all wounds or losses.  
 agree       disagree

Study Questions

3. A mature Christian will not grieve over a loss for as long a time as a nonbeliever.  
 agree       disagree
4. There are some people who do not need to grieve, even after a serious loss.  
 agree       disagree
5. The pain of your loss may be just as intense a year later as during the initial few days after the loss occurs.  
 agree       disagree
6. A Christian is not as likely to get as angry at God over a loss as a nonbeliever.  
 agree       disagree
7. It is best to replace something that is lost as soon as possible to help the grieving process.  
 agree       disagree
8. There are some losses in life that are more difficult to handle than the death of a loved one.  
 agree       disagree
9. Asking “Why?” during a loss is a reflection of the depth of a person’s faith.  
 agree       disagree
10. A person’s belief system or theology will affect the way in which he or she grieves.  
 agree       disagree

### Study Questions

11. Grieving for more than a year is abnormal.  
 agree       disagree
12. All suffering we experience in life is God's will for us.  
 agree       disagree
13. There is a healthy aspect to denial when a loss is severe.  
 agree       disagree

### Chapter 3 The Meaning of Grief

1. Complete the following statements by giving your initial response to each one. There are no right or wrong answers, but this is an opportunity for you to identify and share your feelings and beliefs.

To me grief means . . .

The most intense grief I've ever experienced is . . .

When I experience grief, I feel . . .

The hardest emotion of grief is . . .

What I've never fully grieved for is . . .

The first grief I ever experienced was . . .

What helps me the most when I am grieving is . . .

## Study Questions

To me, tears are . . .

My grief usually lasts . . .

2. Would it be helpful for you to write a letter to others that would help them better respond to you and your loss? What would you like to say? Perhaps you can begin your letter now and complete it over the next few days. You may want to bring your letters with you for your next session and share them with one another.

### **Chapter 4 Problems in Grieving and Recovery**

1. If you have experienced any of the following, briefly describe:
  - inhibited grief
  - delayed grief
  - conflicted grief
  - displaced grief
  - chronic grief
  - abbreviated grief
  - replaced grief

What do you think caused this grief to occur?

### Study Questions

How did the experience affect your physical and emotional health?

How did you move ahead in your grief recovery?

2. What is the last memory that you have of the most recent loss in your life?
3. On pages 78 and 79 there is a list of sixteen symptoms of unresolved grief. Do you find yourself experiencing any of these at the present time?

What can you do about this now?

## Chapter 5 Adjusting to Our Losses

1. In what way do you need to build a new identity because of your most recent loss?
2. Refer back to the graph on page 92. On the lines provided below, construct your own listing of both positive and negative events and experiences.  

---

---
3. Write a brief paragraph for each event and identify any regrets or “if onlys” that you may still experience.
4. Describe some healthy ways that you can relate to your loss.

### **Chapter 6 Saying Good-Bye**

1. Identify what you have said good-bye to in your life.
2. How did you say good-bye?
3. Is there someone or something that you need to say good-bye to at this time in your life?
4. Write a good-bye letter to someone or something that you have lost in your life and share it with another person in your group. Describe what this experience meant to you.

### **Chapter 7 Recovering from Loss**

1. Read Psalm 30. Write down what this passage of Scripture is saying to you personally.
2. Rate yourself and your stage in grieving by responding to the evaluation on pages 125–28 and filling in the chart on page 131.
3. Have you ever kept any kind of journal? How did this help you?
4. What are your questions, fears, or concerns about keeping a personal journal?
5. What passages of Scripture have been most helpful to you in your recovery from loss?



## Chapter 8 Growing through Our Losses

1. What are the questions you have raised about God or to God during your loss experience?
2. Read the following passages from the book of Romans and then respond to the questions below.

For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. For the earnest expectation of the creature waiteth for the manifestation of the sons of God. For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope, because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God. For we know that the whole creation groaneth and travaileth in pain together until now.

And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body. For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for? But if we hope for that we see not, then do we with patience wait for it.

Romans 8:18–25 KJV

What shall we then say to these things? If God be for us, who can be against us? He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things? Who shall lay any thing to the charge of God's elect? It is

## Study Questions

God that justifieth. Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us. Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Romans 8:31–39 KJV

What is Paul saying about problems and suffering in life?

What are the reasons for hope as found in these passages?

What are the attributes of God as expressed in these passages?

3. How has worship been a part of your grief recovery? What has made it more difficult to worship at this time?
4. On a scale of 0 to 10 how close are you now to experiencing what is described in James 1:2–3?

### Study Questions

5. What can you learn from your most recent loss, or what would you like to learn?

How can you grow because of this loss experience, or how would you like to grow?

How can what you experienced be used for God's glory?

### **Chapter 9 The Loss of Identity: Who Am I?**

1. List three things that you realize you have built your identity on.
2. How have the losses of your life impacted your identity?
3. Evaluate yourself on the six scales provided for you on pages 156–59. What do your answers tell you about your identity and its source?

How could you better build your identity at this time in your life?

4. What are some of the dreams that you have given up in the past?

How has this affected your identity?

Study Questions

**Chapter 10 Will My Life Ever Be the Same? When Loss Is Trauma**

1. Can you think of a loss in your life that may have been traumatic? What made it so traumatic?
2. What traumas have you heard about in the lives of your friends?
3. What has helped you so far in handling your trauma?
4. If you could write a letter to God about trauma what would you say or ask?

(Note to leader: The book *The North Face of God* by Ken Gire could help you with difficult questions.)

**Chapter 11 Helping Others with Their Losses**

1. What are some comments that others have said to you that you wish had never been said?
2. What have been the most helpful words or gestures that others have shared with you?
3. What helpful words would you like others to say to you at the present time?
4. Who is a person that needs you to minister to him or her at the present time?

Study Questions

What could you say to him or her, and what could you do for him or her?

Describe how you will pray for that person and what passages of Scripture you could share that would be helpful.

5. On pages 222–27 there is a list of what is best not to do and what is best to do when talking with someone about his or her loss. Add to this list your own suggestions for each category.

# Bibliography and Other Recommended Resources

## **Grief**

- Carlson, Dwight. *When Life Isn't Fair*. Eugene, OR: Harvest House Publishers, 1989.
- Deits, Bob. *Life after Loss*. Tucson, AZ: Fisher Books, 1988.
- Fitzgerald, Helen. *The Mourning Handbook*. New York: A Fireside Book, 1994.
- Greeson, Charlotte, Mary Hollingsworth, and Michael Washburn. *The Grief Adjustment Guide*. Sisters, OR: Questar Publishers, 1990.
- Lewis, C. S. *The Problem of Pain*. London: Collins Publishers, 1961.
- Rando, Therese A. *Grief, Dying, and Death: Clinical Interventions for Caregivers*. Champaign, IL: Research Press, 1984.
- . *Grieving: How to Go On Living When Someone You Love Dies*. Lexington, MA: Lexington Books, 1988.
- Ryan, Dale, and Juanita Ryan. *Recovery from Loss*. Downers Grove, IL: InterVarsity Press, 1990.
- Schweibert, Pat, and Chuck DeKlyen. *Tear Soup*, book and video. Portland, OR: Perinatal Loss/Grief Watch, 2002.
- Singer, Lilly, Margaret Sirot, and Susan Rodd. *Beyond Loss*. New York: E. P. Dutton, 1988.
- Sittser, Jerry. *A Grace Disguised*. Grand Rapids: Zondervan, 1996.

## Bibliography and Other Recommended Resources

- Smith, Harold Ivan. *Friendgrief*. Amityville, NY: Baywood Publishing Co., 2002.
- Stearns, Ann Kaiser. *Living through Personal Crisis*. New York: Ballantine Books, 1984.
- Sullender, R. Scott. *Grief and Growth*. New York: Paulist Press, 1985.
- . *Losses in Later Life*. New York: Paulist Press, 1989.
- Wright, H. Norman. *Experiencing Grief*. Nashville, TN: Broadman & Holman, 2004.
- . *Quiet Times for Those Who Need Comfort*. Eugene, OR: Harvest House Publishers, 2005.
- Zonnebelt-Smeenge, Susan, and Robert De Vries. *Getting to the Other Side of Grief*. Grand Rapids: Baker Books, 2001.
- . *Living in the Shadow of Death*. Grand Rapids: Baker Books, 2005.

### Books for Children

- Beenev, Susan K., and Jo Anne Chung. *A Kid's Journey through Grief*, coloring and activity book. Vision Unlimited Publishers, 2003.
- Hammond, Janice M. *When My Dad Died*. Ann Arbor, MI: Cranbrook Publishing, 1981.
- . *When My Mommy Died*. Ann Arbor, MI: Cranbrook Publishing, 1980.
- Wright, H. Norman, and Gary Oliver. *Fears, Doubts, Blues, and Pouts*. Colorado Springs, CO: Cook Communications, 1999.

### Death of a Baby

- Church, Martha Jo, Helene Chazin, and Faith Ewald. *When a Baby Dies*. The Compassionate Friends, PO Box 3696, Oak Brook, IL 60522-3696.
- DeFrain, John D., Leona Martens, and Jan and Warren Stork. *Stillborn: The Invisible Death*. Lexington, MA: Lexington Books, 1986.
- Sherokee, Ilse. *Empty Arms: Coping after Marriage, Stillbirth, and Infant Death*. Available from The Compassionate Friends (address above).
- Vredevelt, Pam W. *Empty Arms*. Portland, OR: Multnomah Press, 1984.

### Sudden Infant Death Syndrome

- DeFrain, John, Jacque Taylor, and Linda Ernst. *Coping with Sudden Infant Death*. Lexington, MA: Lexington Books, 1982.
- Schatz, Bill. *Healing a Father's Grief*. Available from The Compassionate Friends (address above).
- Stevenson, Nancy, and Cary Traffon. *When Your Child Dies: Finding the Meaning in Mourning*. Available from The Compassionate Friends (address above).

## Bibliography and Other Recommended Resources

### **Losing a Child**

- Guthrie, Nancy.  *Holding On to Hope*. Wheaton, IL: Tyndale, 2002.
- MacArthur, John.  *Safe in the Arms of God*. Nashville, TN: Thomas Nelson, 2003.
- Rosof, Barbara.  *The Worst Loss: Healing from the Death of a Child*. Henry Holt & Co., 1994.

### **Loss of an Adult Child**

- Ziglar, Zig.  *Confession of a Grieving Christian*. Nashville, TN: Thomas Nelson, 1998.

### **Abducted or Murdered Children**

- Schiff, Harriet Sarnoff.  *The Bereaved Parent*. New York: Penguin Books, 1978.

### **For Parents: Talking to Children about Death**

- Wright, H. Norman.  *It's Okay to Cry*. Colorado Springs, CO: Waterbrook Press, 2004. (Workbook also available.)

### **Children and Grief**

- Emswiler, Mary Ann and James P.  *Guiding Your Child through Grief*. New York: Bantam Books, 2000.
- Fitzgerald, Helen.  *The Grieving Teen*. New York: A Fireside Book, 1992.
- Fogarty, James.  *The Magical Thoughts of Grieving Children*. Amityville, NY: Baywood Publishing Company, 2000.
- James, John, and Russell Friedman.  *When Children Grieve*. New York: Harper-Collins, 2001.
- Worden, J. William.  *Children and Grief: When a Parent Dies*. New York: Guilford Press, 1996.

### **Losing a Parent**

- Marshall, Fiona.  *Losing a Parent*. Fisher Books, 2000.
- Smith, Harold Ivan.  *Grieving the Death of a Mother*. Minneapolis, MN: Augsburg Press, 2003.
- .  *On Grieving the Death of a Father*. Minneapolis, MN: Augsburg Press, 1994.

### **Sudden Death**

- Lord, Janice Harris.  *No Time for Goodbyes*. Ventura, CA: Pathfinder Publishing, 1987.



## Bibliography and Other Recommended Resources

### **Suicide**

- Cox, David, and Candy Arrington. *Aftershock*. Nashville, TN: Broadman & Holman Publishers, 2003.
- Carr, G. Lloyd and Gwendolyn. *Fierce Goodbye: Living in the Shadow of Suicide*. Scottsdale, PA: Herald Press, 2004.
- Grollman, Earl A., and Max Malikow. *Living When a Young Friend Commits Suicide*. Beacon Press, 1999.
- Robinson, Rita. *Survivors of Suicide*. Franklin Lakes, NJ: New Page, 2001.
- Smolin, Ann, and John Guinan. *Healing after the Suicide of a Loved One*. New York: A Fireside Book, 1993.

### **Loss of a Pet**

- Greene, Lorri A., and Jacquelyn Landis. *Saying Goodbye to the Pet You Love*. Oakland, CA: New Harbinger, 2003.

### **Trauma**

- Johnson, Kendall. *Trauma in the Lives of Children*. Claremont, CA: Hunter House Publishers, 1989.
- Matsakis, Aphrodite. *I Can't Get Over It*. Oakland, CA: New Harbinger, 1992.

### **Holiday Grief**

- Smith, Harold Ivan. *Journaling Your December Grief*. Kansas City, MO: Beacon Hill Press, 2001.
- Zonnebelt-Smeenge, Susan, and Robert De Vries. *The Empty Chair: Handling Grief on Holidays and Special Occasions*. Grand Rapids: Baker Books, 2000.

### **Helping Others**

- Kuenning, Delores. *Helping People through Grief*. Minneapolis, MN: Bethany House, 1991.
- Wright, H. Norman. *Helping Others Recover from Loss and Grief*, curriculum. Bakersfield, CA: Christian Marriage Enrichment, 2001.
- . *The New Guide to Crisis and Trauma Counseling*. Ventura, CA: Regal Books, 2003.

# Notes

## Chapter 1 The Losses of Life

1. Dr. Ronald W. Ramsey and Rene Noorbergen, *Living with Loss* (New York: William Morrow and Co., 1981), 47–48.
2. W. Hugh Missildine, *Your Inner Child of the Past* (New York: Simon & Schuster, 1968), 59.
3. Archibald Hart, *Counseling the Depressed* (Waco, TX: Word, 1987), 123–27.
4. R. Scott Sullender, *Losses in Later Life* (New York: Paulist Press, 1989), 3.
5. *Ibid.*, 16–18.
6. *Ibid.*, 142–43.
7. Nina Hermann Donnelley, *I Never Know What to Say* (New York: Ballantine Books, 1987), 123.
8. Bob Deits, *Life after Loss* (Tucson, AZ: Fisher Books, 1988), 37.

## Chapter 2 Losses We Never Considered

1. R. Scott Sullender, *Grief and Growth* (New York: Paulist Press, 1985), 11–16.
2. Kenneth R. Mitchell and Herbert Anderson, *All Our Losses, All Our Grievs* (Philadelphia: Westminster Press, 1983), 48.
3. Therese A. Rando, *Grieving: How to Go On Living When Someone You Love Dies* (Lexington, MA: Lexington Books, 1988), 15–16.
4. Judith S. Wallerstein, Julia M. Lewis, and Sandra Blakeslee, *The Unexpected Legacy of Divorce: The 25 Year Landmark Study* (New York: Hyperion, 2000), xxxiii.
5. Jane S. Tucker, et al., “Parental Divorce: Effects on Individual Behavior and Longevity,” *Journal of Personality and Social Psychology* 73, 141.
6. Richard F. Berg and Christie McCartney, *Depression and the Integrated Life* (New York: Alba House, 1981), 34.
7. Lloyd John Ogilvie, *Twelve Steps to Living without Fear* (Dallas: Word, 1987), 133.
8. Sullender, *Grief and Growth*, 96–101.

### Chapter 3 The Meaning of Grief

1. Lilly Singer, Margaret Sirot, and Susan Rodd, *Beyond Loss* (New York: E. P. Dutton, 1988), 62.
2. Rando, 11–12.
3. *Ibid.*, 18–19.
4. Deits, 27.
5. *Ibid.*, 28.
6. James Froelich, O.F.M. Cap, in a paper written for the Pastoral Helping Relationship graduate course (Loyola College, Baltimore, 1984).
7. Rando, 19.
8. *Ibid.*, 242.
9. Robert Veninga, *A Gift of Hope* (Boston: Little, Brown and Company, 1985), 15.
10. Sullender, *Grief and Growth*, 56.
11. Veninga, 71.
12. Frederick Forsyth, *The Negotiator* (New York: Bantam Books, 1989), 269.
13. Max Lucado, *No Wonder They Call Him the Savior* (Portland, OR: Multnomah Press, 1986), 105–6.
14. Ken Gire, *Incredible Moments with the Savior* (Grand Rapids: Zondervan, 1990), 96–97.
15. Deits, 144–46.
16. Archibald Hart, *Counseling the Depressed* (Waco, TX: Word, 1987), 78–84.
17. Deits, 103.
18. Glen W. Davidson, *Understanding Mourning* (Minneapolis: Augsburg Publishing House, 1984), 24–27.
19. Joyce Landorf, *Mourning Song* (Old Tappan, NJ: Revell, 1974), 63.
20. Sullender, *Losses in Later Life*, 7–10.
21. Ann Kaiser Stearns, *Coming Back* (New York: Ballantine Books, 1988), 16–17.
22. Michael Quinta Nilla, “Hotline Has Solace for the Grieving,” *Los Angeles Times*.
23. Margaret Mead, as quoted in Deits, 148.
24. Davidson, 59.
25. Deits, 150–51, adapted by permission of the author as given in his book.

### Chapter 4 Problems in Grieving and Recovery

1. Terry L. Martin and Kenneth J. Doka, *Men Don't Cry . . . Women Do* (Philadelphia, PA: Brunner/Mazel, 2000), 35–52.
2. Roy W. Fairchild, *Finding Hope Again: A Pastor's Guide to Counseling Depressed Persons* (San Francisco: Harper & Row, 1980), 113–14.
3. Singer, Sirot, and Rodd, 82–83.
4. Delores Kuenning, *Helping People through Grief* (Minneapolis: Bethany House, 1987), 191.
5. Therese A. Rando, *Grief, Dying, and Death: Clinical Interventions for Caregivers* (Champaign, IL: Research Press, 1984), 52.

## Notes

6. William Worden, *Grief Counseling and Grief Therapy* (New York: Springer Publishing Co., 1982), 84–85.
7. Sullender, *Losses in Later Life*, 115.
8. Rando, *Grief, Dying, and Death*, 63–64.
9. Helen Fitzgerald, *The Mourning Handbook* (New York: Fireside, 1994), 138.
10. Kuenning, 217.
11. Louise A. Allen, "The Forgotten Man: Creative Approaches to Helping the Widower," *Thanatosi* 1, vol. 8:5.
12. Rando, *Grief, Dying, and Death*, 59–62, 64–67.

### Chapter 5 Adjusting to Our Losses

1. Rando, *Grieving*, 231–34.
2. John James and Frank Cherry, *The Grief Recovery Handbook* (New York: Harper & Row, 1988), 109–21.
3. Rando, *Grieving*, 251.
4. *Ibid.*, 238–39.

### Chapter 6 Saying Good-bye

1. Stearns, 104–5.
2. *Ibid.*, 110–12.
3. *Ibid.*, 126–30.
4. John Powell, S.J., *The Secret of Staying in Love* (Niles, IL: Argus Publications, 1974), dedication.
5. David C. Morley, *Halfway Up the Mountain* (Old Tappan, NJ: Revell, 1979), 77–78.
6. James Weldon Johnson, *God's Trombones* (New York: Viking Press, Inc., 1955).
7. Max Lucado, *The Applause of Heaven* (Dallas: Word, 1990), 186–87.

### Chapter 7 Recovering from Loss

1. Ann Kaiser Stearns, *Living Through Personal Crisis* (Chicago: Thomas More Press, 1984), 85–86.
2. Dale and Juanita Ryan, *Recovery from Loss* (Downers Grove, IL: InterVarsity Press, 1990), 40–41.
3. Rando, *Grieving*, 281–83.
4. *Ibid.*, 284–86.
5. Charlotte Greeson, Mary Hollingsworth, and Michael Washburn, *The Grief Adjustment Guide* (Sisters, OR: Questar Publishers, 1990), 90–91.
6. *Ibid.*
7. *Ibid.*, 68.

### Chapter 8 Growing through Our Losses

1. As quoted in Ann Kaiser Stearns, *Coming Back* (New York: Ballantine Books, 1988), 157.
2. *Ibid.*, 172.

## Notes

3. *Ibid.*, 157–215.
4. Kuenning, 20–21.
5. Dwight Carlson, *When Life Isn't Fair* (Eugene, OR: Harvest House, 1989), 38.
6. Carlson, 43.
7. Kuenning, 203. Quotation within this material is from Daniel Simundson, *Where Is God in My Suffering?* (Minneapolis: Augsburg Publishing House, 1983), 28–29.
8. Carlson, 52.
9. Harold Kushner, *When Bad Things Happen to Good People* (New York: Avon Books, 1981), 129.
10. C. S. Lewis, *The Problem of Pain* (London: Collins Publishers, 1961), 36.
11. John Killinger, *For God's Sake—Be Human* (Dallas: Word, 1970), 147, as quoted in Richard Exley, *The Rhythm of Life* (Tulsa: Honor Books, 1987), 108.
12. Exley, 127, 137.
13. Don Baker, *Pain's Hidden Purpose* (Portland, OR: Multnomah Press, 1984), 72.
14. Lloyd John Ogilvie, *Why Not? Accept Christ's Healing and Wholeness* (Old Tappan, NJ: Revell, 1985), 162.
15. Larry Richards, *When It Hurts Too Much to Wait* (Dallas: Word, 1985), 67–68.

### Chapter 9 The Loss of Identity: Who Am I?

1. Gloria Kaufman Koenig, "Helping No. 1 Suicide Risk . . . Elderly Men," *Los Angeles Times*, November 15, 1984, and "Suicide—Retired Professor Chooses Death," March 15, 1989, adapted.
2. Judith Viorst, *Necessary Losses* (New York: Simon & Schuster, 1986), 269.
3. Jim Conway, *Men in Mid-Life Crisis* (Elgin, IL: David C. Cook, 1978), 17–18.
4. Sullender, *Losses in Later Life*, 43–47.
5. *Ibid.*, 45–46.
6. *Ibid.*, 51.
7. *Ibid.*, 94–107.
8. *Ibid.*, 157.

### Chapter 10 Will My Life Ever Be the Same? When Loss Is Trauma

1. Donald Meichenbaum, *A Clinical Handbook/Practical: Therapist Manual for Assessing and Treating Adults with Post-Traumatic Stress Disorder (PTSD)* (Waterloo, ON: Institute Press, 1994), 23.
2. Elie Wiesel, "Parade Magazine," *Los Angeles Times*, 4–5, October 2001.
3. Sandra L. Brown, *Counseling Victims of Violence* (Alexandria, VA: American Association for Counseling and Development, 1991), 9.
4. Diane Langberg, quoted from a presentation for the TRIP Conference (New York City, October 2001), adapted.
5. Aphrodite Matsakis, *I Can't Get Over It: A Handbook for Trauma Survivors* (Oakland, CA: New Harbinger, 1992), 6–7.
6. *Ibid.*, 23–24.
7. *Ibid.*, 10–13.

## Notes

8. Langberg.
9. Robert Hicks, *Failure to Scream* (Nashville: Nelson, 1993), 21.
10. C. S. Lewis, *A Grief Observed* (London: Faber & Faber, 1961), 9.
11. Brown, 22–24.
12. C. S. Lewis, “Relapse,” *Poems*, Walter Hooper, ed. (New York: Harcourt Brace Jovanovich, 1964), 103–4.
13. Hicks, 46.
14. Matsakis, 18–22.
15. Raymond B. Flannery Jr., *Post-Traumatic Stress Disorder* (New York: Crossroad, 1992), 36–37.
16. Terence Monmaney, “For Most Trauma Victims Life Is More Meaningful,” *Los Angeles Times*, October 7, 2001, 9. Citing research from Richard Tedeschi, University of North Carolina; Dr. Robert Ursano, Uniformed Services University of the Health Sciences in Bethesda, MD; Dr. Sandra Bloom.
17. Matsakis, 134.
18. *Ibid.*, 15, 153.
19. *Ibid.*, 159.
20. *Ibid.*, 160–263.
21. *Ibid.*, 236.

### Chapter 11 Helping Others with Their Losses

1. Betty Jane Wylie, *The Survival Guide for Widows* (New York: Ballantine Books, 1982), 115.
2. Donna and Rodger Ewy, *Death of a Dream* (New York: E.P. Dutton, 1984), 80.
3. Wylie, 113.
4. Fred Bauer, *Just a Touch of Nearness* (Norwalk, CT: The C.R. Gibson Co., 1985), 24–25.
5. Source unknown.
6. Joe Bayly, *Last Thing We Talk About* (formerly titled *The View from a Hearse*) (Elgin, IL: David C. Cook, 1969), 40.
7. Barbara Russell Chesser, *Because You Care* (Waco, TX: Word, 1987), 122–23. Robert V. Ozment, *When Sorrow Comes* (Waco, TX: Word, 1970).
8. Norman Vincent Peale, *Wonderful Promises* (Carmel, NY: Guideposts, 1983), 32.
9. Phyllis Hope, *Coping* (Carmel, NY: Guideposts, 1983), 233.
10. Carol Staudacher, *Beyond Grief* (Oakland, CA: New Harbinger Publications, 1987), 230–31.
11. *Ibid.*, 231–32.
12. Rando, 227–50.
13. Lauren Briggs, *What You Can Say . . . When You Don't Know What to Say* (Eugene, OR: Harvest House, 1985), 150–55.