

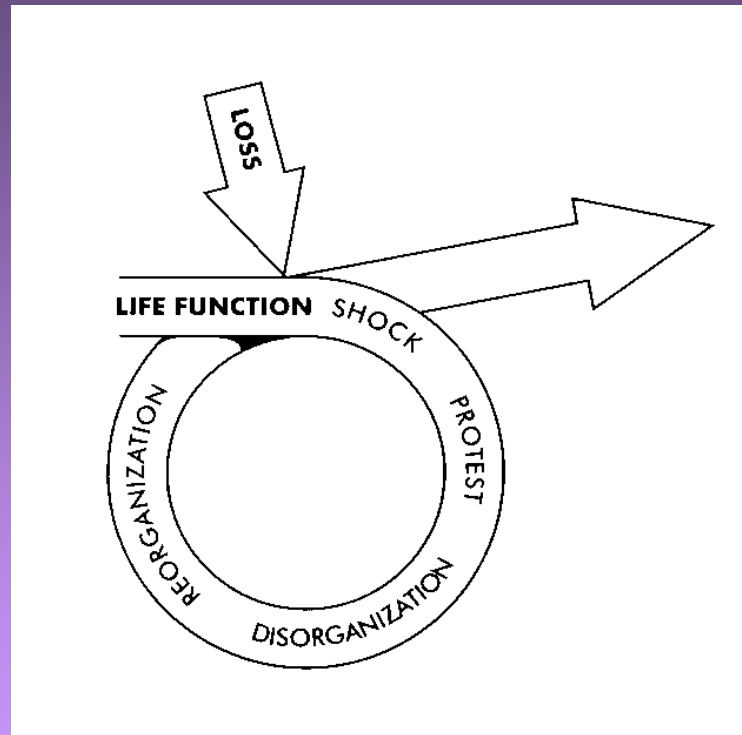
# THE GRIEF WHEEL

## REORGANISATION

Developing balanced memories  
Return to previous levels of  
functioning  
Changed Values

## SHOCK

Numbness  
Denial  
Disbelief



## DISORGANISATION

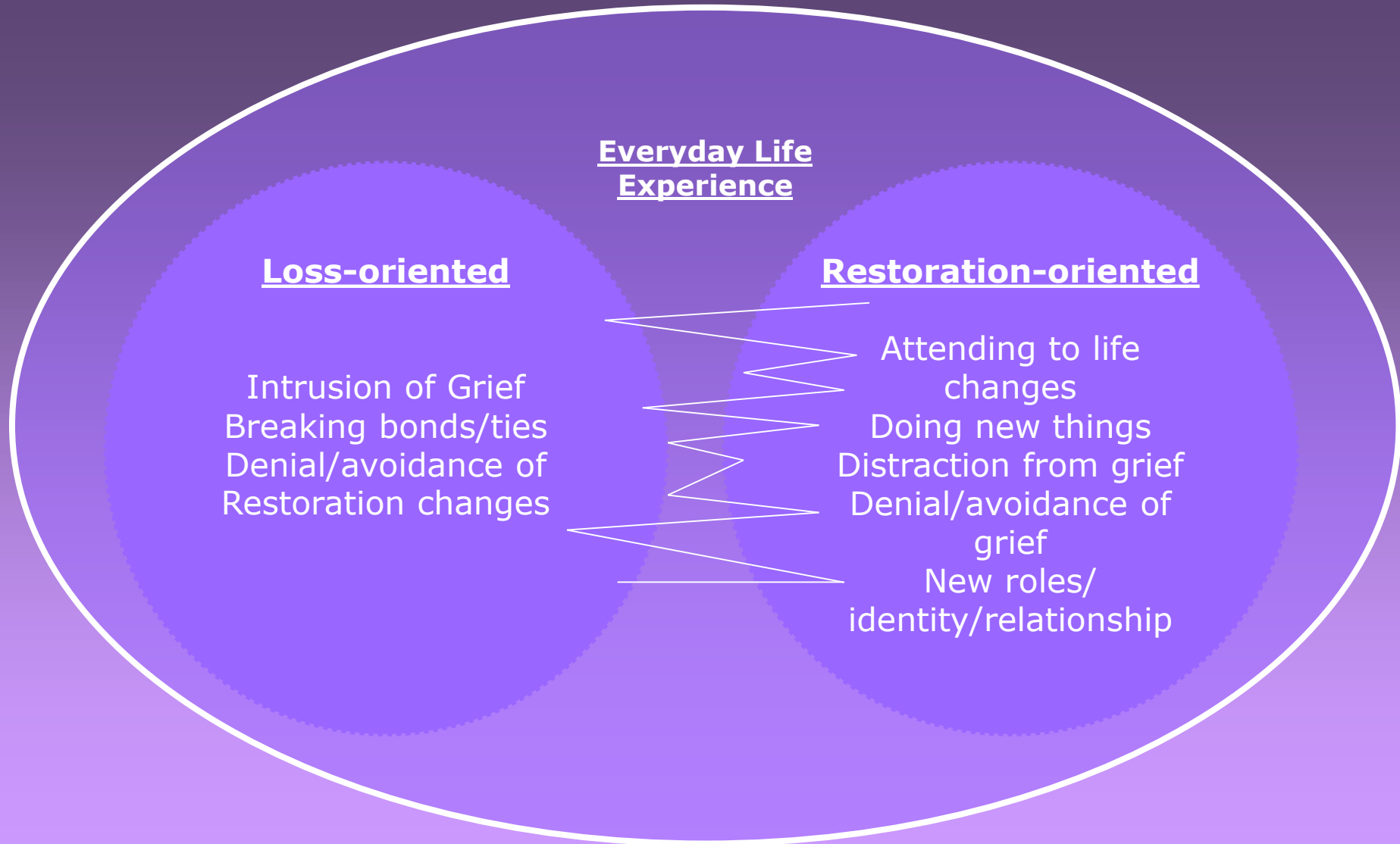
Sadness  
Loneliness  
Emptiness

## PROTEST

Anger  
Guilt

# Dual Process of coping with loss

Stroebe et Schut 1995

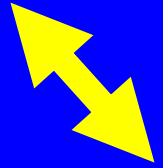


# The process of grieving

---

**Process, not a state**

**Numbness**



**Pining**



**Disorganisation**



**Reorganisation**

***“Tonight all the hells of young grief have opened again; the mad words, the bitter resentment, the fluttering in the stomach, the nightmare unreality, the wallowing in tears. For in grief nothing ‘stays put’.***

***One keeps emerging from a phase, but it always recurs. Round and round. Everything repeats. Am I going in circles, or dare I hope I am on a spiral?”***

# 1) Numb phase.

---

- **Moment of death time great distress**
- **Soon followed by period of numbness**
- **Occasional distress breaks through**
- **Lasts a few days, often until funeral**

***“It feels like being mildly drunk, or concussed. There is a sort of invisible blanket between the world and me. I find it hard to take in what anyone says. Or perhaps, hard to want to take it in. It is so uninteresting. Yet I want the others to be about me. I dread the moments when the house is empty.”***

***CS Lewis. A grief observed***

***“Harry wondered whether Dumbledore’s death would be more real to him once the funeral was over. Though he had moments when the horrible fact of it threatened to overwhelm him, there were blank stretches of numbness where, despite the fact that nobody was talking about anything else in the whole castle, he still found it difficult to believe...”***

***JK Rowling. Harry Potter and the Half Blood Prince***

# 1) Helping in the numb phase.

---

**Commonly meet in General Practice**

**Numb, unable to take in events**

**Simple sensitive explanation of processes**

- **death & cremation certificates**
- **registering death**
- **contacting undertaker**
- **arranging funeral**



# Mourning rituals

---

**Physical death becomes  
social and psychological death**

**Seeing the body**

**Funeral**

## 2) Pining and searching.

---

- Pangs of grief and urge to search
- Intense anxiety
- Onset within few hours / days
- Peak at 5 to 14 days
- “Aimless” searching

***“No one ever told me that grief felt so like fear. I am not afraid, but the sensation is like being afraid. The same fluttering in the stomach, the same restlessness, the yawning. I keep on swallowing.”***

***CS Lewis. A grief observed***

***“He hasn’t gone!” yelled Harry. He did not believe it – he would not believe it. Sirius was hiding, lurking out of sight. “Sirius!” he bellowed.***

***“He can’t come back, Harry” said Lupin “Because he’s.....”***

***“He – is – not – dead” roared Harry. “Sirius!”***

***It was unbearable, he would not think about it, he could not stand it....there was a terrible hollow inside him he did not want to feel or examine, a dark hole where Sirius had been. He did not want to be alone with that great silent space, he could not stand it.....***

***JK Rowling Harry Potter and the Order of the Phoenix***

# Anger.

- Deceased
- GP
- Hospital doctors
- God

***“Meanwhile, where is God? When you are so happy that you have no sense of needing Him, if you turn to Him, you will be, or so it feels, welcomed with open arms.***

***But go to Him when your need is desperate, when all other help is in vain, and what do you find? A door slammed in your face, and a sound of bolting and double-bolting on the inside. After that, silence.”***

**CS Lewis. A grief observed**

# Anger.

- **Deceased**
- **GP**
- **Hospital doctors**
- **God**
- **Family and friends**
- **Self**

# Helping during the pining phase

---

**Pangs peak during second week**

**Need space for painful task of grieving**

**Not jolly along**



# Helping during the pining phase

---

**Pangs peak during second week**

**Need space for painful task of grieving**

**Not jolly along**

*“Give sorrow words. The grief that does not speak knits up the o’erwrought heart and bids it break.”*

*Malcolm to Macduff*

# **3) Disorganisation and Despair.**

---

**Go over events around the death**

**Memory of dead person never far away**

**Illusions of hearing or seeing loved one**

***“Thought after thought, feeling after feeling, action after action had her as their object. Now their target is gone. So many roads led thought to her. I set out on one of them, but now there is an impassable frontier-post across it. So many roads once, now so many culs de sac.”***

**CS Lewis. A grief observed**

***“Talk to me about the truth of religion  
and I’ll listen gladly.***

***Talk to me about the duty of religion and  
I’ll listen submissively.***

***But don’t talk to me about the  
consolations of religion, or I shall  
suspect that you don’t understand.”***

**CS Lewis. A grief observed**

# Helping during disorganisation

---

***“She should be getting over it by now.”***

**Listen to the story again and again**

# 4) Reintegration.

---

**Begin adjust to catastrophic event**

**Assumptive model of world collapsed**

**Review and rebuild new model**

*They were gone. The empty words could not disguise the fact that his parents' mouldering remains lay beneath the snow and stone, indifferent, unknowing. And tears came before he could stop them, and he let them fall, his lips pressed hard together, looking down at the thick snow hiding from his eyes the place where the last of Lily and James lay, not knowing that their living son stood so near...*

JK Rowling Harry Potter and the Deathly Hallows

***“There is no denying that in some sense I ‘feel better’, and with that comes at once a sort of shame, and a feeling that one is under a sort of obligation to cherish and foment and prolong one’s unhappiness. I am sure she would not approve of it. So, I’m pretty certain, would God.”***

**CS Lewis. A grief observed**



- **Pining and despair for months**
- **Appetite for food first to return  
regain weight lost**
- **Many months for social interests return**
- **Second year recognise recovering**

**Parke CM. Bereavement in adult life. BMJ; 316: 856 – 9.**

***“Something quite unexpected has happened. It came this morning early. For various reasons, not in themselves all that mysterious, my heart was lighter than it had been for many weeks. How easily I might have misjudged another man in the same situation! I might have said “He’s got over it, he’s forgotten his wife”, when the truth was “He remembers her better because he has partly got over it.”***

CS Lewis. A grief observed

# Helping during reintegration

---

**Important to grieve**

**Important to stop grieving**

**Several turning points**

# When we are lost for words.

---

- Offer help and accept it
- Don't be offended if I refuse your help
- Offer more help
- Send a card

# When we are lost for words.

---

- **Don't tell me how I feel**
- **Remind me you are there**
- **Behave normally**

# What (not) to say

- Avoid the bereaved person
- Avoid talking about the person who died
- Avoid talking about the death
- Tell the bereaved person what to feel or do
- Try to make it better
- Worry you will say the wrong thing
  
- Listen
- Offer to enter their world of loss