

Peer Counseling Pause with Reova Meredith

Grieving Losses as a Couple

- 1. Resolve to go through the loss together. Exhaustion and loss of energy – emotionally, psychologically, physical, and spiritually does not automatically mean a loss of love and affection.**
- 2. Accept grieving as a process and that what you are feeling is not necessarily abnormal or a lack of faith.**
- 3. Communicate regularly and spend time with other couples who have experienced grief.**
- 4. Give each other enough emotional and physical space. Each may need to pull away and grieve in private from time to time.**
- 5. Work through any needed forgiveness of yourself, others, and even God.**
- 6. Avoid making major decisions right away if unnecessary, but do develop an action plan to help regain some sense of control.**
- 7. Pursue counseling and/or grief support groups when needed.**

From Eric Scalise, PH.D