

Naming the loss, and meeting it

A loss cannot be won or proven closed. It settles by being met.

BEFORE THE WORK, STEADY THE BODY

Grief cannot be met while your system is in alarm. If fear is firing, or anger is still hot, the grief cannot come through, because a body braced for threat cannot soften enough to feel what is underneath. This is why people so often stay in the anger: it is more bearable than the grief below it, and it keeps the grief at bay. So before you turn toward a loss, bring the body down first, until the alarm eases. Only then is there room. Reaching for the grief while still braced is like trying to open your hand while making a fist.

1. What is the loss, said plainly? Not the injury, not who is to blame. The thing that is gone. For example: "I lost the family I thought we would be." "I lost years I can't get back." "I lost being believed."

2. Have I been trying to win this loss instead of grieve it? How? Building a case, waiting to be vindicated, going over the proof?

3. Which way of sealing it fits this loss right now? Write it, record what I gave, draw the boundary, tell someone, or bring in a practitioner?

4. One way I will let this be met this week, by someone else or by myself, gently.
