

## 43 Losses

There are 43 losses which can produce the range of emotions that we call grief.

The long list includes:

- Death
- Divorce of the End of a Relationship
- Loss of Health
- Major Financial Changes
- Moving and Many Others

Grief is normal and natural but many of the ideas we have been taught about dealing with grief are not helpful.

## Moving Beyond Loss

If you have experienced one or more losses and wish to move beyond the pain, this program offers you the probability of a richer and more rewarding life. Join a group now.



### Contact:

**Dr. Colin A. Dunbar, C.G.R.S.**

P.O. Box 9856

Spokane, WA 99209

Tel. 509.327.2127

Email: [drcolinadunbar@hotmail.com](mailto:drcolinadunbar@hotmail.com)

Website: [drcolinadunbar.com](http://drcolinadunbar.com)

PLACE  
STAMP  
HERE

The Grief Recovery Method® Outreach Program

Dr. Colin A. Dunbar

PO Box 9856

Spokane, WA 99209



## THE GRIEF RECOVERY METHOD® OUTREACH PROGRAM

*The Action Program for  
Moving Beyond Loss*

# Grief

## The Definition

Simply defined, grief is the normal and natural reaction to significant emotional loss of any kind. While we never compare losses, any list would include death and divorce as obvious painful losses. Our list also includes many others: retirement, moving, pet loss, financial and health issues, etc.

The range of emotions associated with grief is as varied as there are people and personalities. There is not list of feelings that would adequately describe on persons' emotions much less an entire society.

Grief is individual and unique. As every relationship is unique, so are the feelings and thoughts each person will have about the relationships that has been altered by death, divorce, or for other reasons.

## The Problem

While grief is normal and natural, most of the information passed on within our society about dealing with grief is not normal, natural, or helpful. Grief is the **emotional** response to loss, but most of the information we have learned about dealing with loss is **intellectual**.

The majority of incorrect ideas about dealing with loss can be summed up in six myths which are so common that nearly everyone recognizes them.

## Six Myths

- Time Heals All Wounds
- Grieve Alone
- Be Strong
- Don' Feel Bad
- You Can Replace the Loss
- Keep Busy



Just looking at the myth that “time heals” creates the idea that a person just has to wait and they will feel better. We have know people who have waited 10, 20, 30, and 40 years, and still didn't feel better. And, we know that they would tell you that not only had time not healed them, but that it had also compounded the pain. The other five myths carry equally unhelpful messages.

## The Solution

- Recovery from loss is accomplished by discovering and completing all of the undelivered communications that accrue in relationships. We are all advised to “Let Go,” and “Move On” after losses of all kinds. Most of us would do that if we knew how.
- Completion of pain caused by loss is what allows us to let go and move on. I is almost impossible to move on without first taking a series of actions that lead to completion.
- Before taking the actions to complete, it is important to look and often dismiss some of the ideas or myths that we have tried to use with loss, but which are not working.

## Safety and Correct Actions

The Grief Recovery Method® Outreach Program provides the correct action choices that help people move beyond the pain caused by loss. The program creates a safe environment in which to look at old beliefs about dealing with loss; to look at what losses have affected your life; and to take new actions which lead to completion of the pain attached to one of those losses.

*The Grief Recovery Handbook - The Action Program for Moving Beyond Death, Divorce, and other Losses, including Health, Career, & Faith* (released by HarperCollins in 2009), and an accompanying format, both written by John W. James and Russell Friedman, founders of the Grief Recovery Institute®, are used as texts for the Outreach Program.

## Commitment and Attendance

The Grief Recovery Method® Outreach Program is not an occasional, drop-in group.

For the safety and success of all participants, commitment and attendance is essential. This program is free of cost, courtesy of the West Central Multi-Cultural Seventh-day Adventist Church.

The Grief Recovery Method® Outreach Program is led by Dr. Colin A. Dunbar, who has been trained and certified by The Grief Recovery Institute.® To ensure your success within this program, your facilitator has direct access to the founders of the Institute.