

# *Grief Helps*



A Sense of Helplessness  
Often Accompanies Grief

James E. Miller



*Be near me when my light is low..*

ALFRED TENNYSON



*Weep not that the world changes—  
did it keep a stable, changeless state,  
it were cause indeed to weep.*

WILLIAM CULLEN BRYANT

Almost no one likes to feel helpless.

It can be terribly uncomfortable, if not downright frightening,  
to have your life, or at least parts of it, swirl out of your control.

There's often a hint of failure or shame associated with helplessness,  
whereas those who are successful are seen as have things under control.

Then, against this backdrop, along comes the intrusion of grief,  
carrying with it, unavoidably, its own unique kinds of helplessness.

You cannot change what happened, or how it happened.

You seem to have little control over your emotions—  
their appearance, their strength, their duration, their unpredictability.

Unwanted changes may come sweeping over your life,  
involving, perhaps, personal finances, living arrangements,  
existing relationships, and daily routines,  
leaving you no choice but to deal with these new realities.

Is it any wonder that a sense of helplessness may be your lot right now?



*People wish to be settled.  
It is only as far as they are unsettled  
that there is any hope for them..*

RALPH WALDO EMERSON

Still, you're not necessarily helpless in dealing with your helplessness.

You can take control, as you're able, in small yet significant ways.

Simply choosing to grieve, rather than trying to avoid grief,

is one of the elementary, healthy steps you can take.

Learning to practice patience can be fruitful for you.

You can gradually assess what you must now surrender,

as you prepare to consciously let go of what is yours to release.

You can make wise decisions that will foster your own healing—

the people you choose to be around,

the types of books or movies or TV shows you take in,

the kind of self-expectations you'll entertain,

not to mention the expectations of others.

If there is much you can't control at the moment, what *can* you control?

A healthy lifestyle? An openness to learning? An optimistic spirit?

Just choosing to live in each moment can be a powerful act.

## *Resources for Grieving People*

BY JAMES E. MILLER

### **Books**

One You Love Has Died  
When Mourning Dawns  
What Will Help Me?  
A Pilgrimage Through Grief  
When a Man Faces Grief  
Winter Grief, Summer Grace  
How Will I Get Through the Holidays?  
Change & Possibility  
Un Ser Amado Ha Fallecido

### **DVDs**

When Mourning Dawns: The DVD  
Invincible Summer  
Listen to Your Sadness  
How Do I Go On?  
By the Waters of Babylon  
We Will Remember  
Nothing Is Permanent Except Change

### **Electronic Resources**

100 Healing Messages for Your Grief: Emailed Videos  
Grief's Healing Journey: An eNewsletter



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