

Grief Helps



The Story of Your Loss
Deserves to Be Told

James E. Miller



To be a person is to have a story to tell.

ISAK DINESEN



*It is the duty of the present to convey
the voices of the past to the ears of the future.*

NORWEGIAN PROVERB

Behind every loss and every grief there lies a story.

Indeed, many stories lie here—

the story of life before that momentous event,

the story of learning or realizing what happened, and how,

and the stories of all that's been happening since.

These stories may be of painful times or loving times,

times of sorrow or of struggle or of unexpected grace.

Whatever their themes, the stories related to your loss deserve to be told.

Telling your stories helps you remember the one you love

and assists you in maintaining that important connection.

In your telling you may make more sense of what happened,

as well as what's happening now.

You help others appreciate all this loss means to you.

And telling your story helps you release those feelings

that have been inevitably building up inside.



A good story is medicine to my bones.

ABRAHAM LINCOLN



*There is no agony like bearing
an untold story inside you.*

ZORA NEALE HURSTON

So as you grieve, find ways to tell your story.

Speak with those who will listen and listen well,

whether that means singly or in groups.

Trust these people with your recollections and your insights.

Include your feelings, if you're so inclined.

Tell your tales chronologically if you wish,

or put them in whatever order your heart leads you.

Write your stories in long hand or type them out.

Compose poems, create songs, or produce artwork

that express your truth in ways straightforward words cannot match.

With each telling of your story, however you tell it,

you'll encourage your own healing, little by little.

With each telling, you can begin to feel more whole again.

Believe it or not, you may promote, without even intending to,

a growing sense of healing all around you.

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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