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words

Good grief

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Grief can be thought of as an intrinsic aspect of life. Whether being a response to literal death or symbolic loss, grief is the process of working through relinquishing emotional attachments to the lost object. The grieving person resuscitates the existence of the lost object in the psyche replacing an actual absence with an imaginary presence. This enchanting restoration enables them to comprehend the value of their loss so it becomes cathartic and healing. Thus grief should be permitted to occur naturally without the dependence on medicalisation unless it becomes pathological. However, there may be no therapy to 'cure' grief.

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