THE CONTINUAL PHASE:
RECOVERING MEANING
Lifetime Journey of Recovery

- Ongoing Process
- Surviving Through the Loss
- Acceptance that Loved One is No Longer Physically Present, Yet Can Continue to Have a Presence in Life
- Growth & Thriving
- Resilience
- Transcendence

MEANING-CENTERED GRIEF MODEL:
- Processing Through Grief: (Not Linear)
  - Spiraling and processing through all of the Stages, Feeling & Emotions, while experiencing: Somatic Pain (Body), Psychic Distress (Mind), and Spiritual Uncertainty (Spirit).
  - Validating and being present with one’s inner and outer experience, multi-dimensional levels of pain
- Continual Phase: - Recovering Meaning (Meaning in Life)
  - Accessing Resources of the Spirit
  - Healing through: Meaning, Memory, Restoration and Re-Activation

MEANING RECONSTRUCTION:
- Death validates/invalidates constructions or is a novel experience
- Grief is a personal process
- Grieving is something we do, not something done to us
- Reconstructing personal world of meaning
- Feelings as signals to state of meaning making efforts
- Construct & reconstruct identities in negotiation with others

DEFIANT POWER OF THE SPIRIT-
- NEW RELATIONSHIP WITH DECEASED-
- SELF-TRANSCENDENCE-

“Keeping your Loved One Sacred and Present, while Recovering Meaning in Your Life.” (M.D. & G.G.)