

Grieving the pain

Grieving the pain completely to lower the pain of the loss or negative emotions:

The grieving process is like a wave. When you are in the ocean and a wave comes up and you have a boogie board you want to grab the wave so you can ride it out. This is the same for grieving. When the wave of grief, pain or sadness is felt by you “do not” ignore it. Instead, embrace it and grieve it, cry, journal, and do whatever it takes to grieve out the pain and loss.

The 3R's >>The 2nd step is to take responsibility, recompense, and release to forgive.

Responsibility:

If someone hurts you, has hurt you, or has said something mean to you. It is your responsibility to address that person for what they did to you and let them know how it affected you and that it is not acceptable. That is your responsibility:

Recompense: This is about the perpetrator that hurt you. If they don't accept what you say you can't control how they will respond.

Release and forgive:

When you confront the person about what hurt you that is “all” your responsibility is, they are then accountable and can choose how to react. The pain of the grief, the hurt and the loss will continue to come at the “same rate of pain” until this grieving is accomplished. (I.e.: using the wave analogy above)

The level of pain from the loss, hurt, or disappointment stays the same if we do not address the loss when the wave of painful emotions come our way. If we catch the wave that comes each time it brings sadness, anger, frustration, or any emotion that is negative, you need to address the pain from the loss, hurt and disappointment. As you do this the pain will lower each time, with each new wave of pain you grieve it, and the hormones and chemicals will fill your body with healing. It's how our body is made to deal with emotional pain or loss.