

Understanding Your Emotions: Grief

The first step to understanding your grief is to move past denial and into acceptance.

That Discomfort You Are Feeling Is Grief, written by David Kessler

"If we can name it, perhaps we can manage it... Kessler shared his thoughts on why it's important to acknowledge the grief you may be feeling, how to manage it, and how he believes we will find meaning in it." [Read the full article here.](#)

The Journey Through Grief: The Mourner's Six Reconciliation Needs, written by Alan D. Wolfelt

"From my own experiences with loss as well as those of the thousands of grieving people I have worked with over the years, I have learned that if we are to heal we cannot skirt the outside edges of our grief. Instead, we must journey all through it, sometimes meandering the side roads, sometimes plowing directly into its raw center." [Read the full article here.](#)

Eleven Tenets of Companionship the Bereaved, written by Alan D. Wolfelt

"Tenet One: Companionship is about being present to another person's pain; it is not about taking away the pain.

Tenet Two: Companionship is about going to the wilderness of the soul with another human being' it is not about thinking you are responsible for finding the way out." [Read the full article here.](#)

Let This Darkness Be a Bell Tower, written by Rainer Maria Rilke

"Quiet friend who has come so far,

feel how your breathing makes more space around you.

Let this darkness be a bell tower

and you the bell. As you ring..." [Read the full poem here.](#)

Dispelling 5 Common Myths About Grief, written by Alan D. Wolfelt

"Without a doubt we have witnessed an upsurge in interest in bereavement care giving. However, many well-intentioned, yet misinformed people are still victims of some widely held myths regarding grief... The purpose of this article is to identify, describe, and dispel five common myths about grief." [Read the full article here.](#)

The Mourner's Bill of Rights, written by Alan D. Wolfelt

"The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones."

[Read the full article here.](#)