



The Grief Recovery Method®

Grief in mediation

By Meeli Laane, Grief Counsellor

When you look at the two people who come to mediation after divorce, what do you see?
People in high conflict, incapable of communicating effectively?
What if you see them instead as two grievers trying to cope with their unresolved grief?
Would you do something differently?

Conflict occurs when something happens that is either directly or indirectly related to a loss. By loss I mean divorce, separation, also a loss of trust. Moving, change in financial status, legal problems etc are all losses.

Grief is a reaction to a loss of any kind.

Divorce produces grief. Although divorce severs the marital, sexual, and social ties, **divorce does not complete emotional ties.**

Moving through intense emotional pain has become such a misunderstood process that most of us have very little idea of how to respond to loss. We have learned to resolve all our issues through thinking but grief cannot be resolved on intellectual level. The attempt to shift from emotions to intellect is a dangerous and counterproductive thing to do with grieving people. Grief is, by definition, the **emotional response to loss**. The cause of the loss itself is intellectual, but the reaction to it is emotional.

When a loss occurs, a person experiences grief. Grief is the entire range of naturally occurring human emotions that accompany loss.

Unresolved grief is always about **undelivered emotional communications** that pile up within a relationship over the course of time. All relationships include both **positive and negative** interactions. One can complete grief only by being totally honest with him/herself and others. The question is: What do you wish had been **different, better, or more**? What were your dreams, expectations and hopes?

The next most difficult hurdle for grievers to overcome is the incorrect belief that other people or events are responsible for their feelings. When we make other people or events 100% responsible for causing our feelings, then we also make them responsible for ending our feelings. The key here is to take responsibility for current reaction to what happened in the past. Otherwise we will forever feel and behave like a victim. Nothing can change until one takes responsibility for his/her own recovery. 1% of responsibility can open the head and the heart to the path of recovery.

HOW TO GET PEOPLE INTO GRIEVING?

They are already grieving. The question is how to help them to grieve in a normal and natural way.

- talk about emotions instead of intellectual solutions
- talk about undelivered emotional communications - *the different, better or more*

HOW TO GET PEOPLE OUT FROM GRIEVING?

Or perhaps the question is: How to complete the relationship with emotional pain?

- Let them take responsibility for their own feelings - at least 1% of responsibility
- forgiveness - asking for forgiveness and forgiving

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