



THE WELL OF GRIEF

MONTH 5: Mid-January to Mid-February

Again, as you engage with the below assignments, please be aware of words and images that bring up specific emotions, memories, reflections and questions. Highlight those passages (or make note of the running time.) Please also pause and take time to go deeper into your responses through journaling. Listen to your inner teacher. Include what comes up for you in your reflection paper.

Required Reading

- *Understanding Your Grief*: Chapter titled 'Understand the Six Needs of Mourning' (this could be either Touchstone 5 or 6, depending upon what edition you have)
- *Bearing the Unbearable*: Chapters 1, 3 and 6
- *The Wild Edge of Sorrow*: Chapter 4- Stories of Sorrow: Ritual of Renewal
- *The Wild Edge of Sorrow*: Resources Chapter
- [It's Not Just a Metaphor](#) by Kim Hermanson, PhD

Required Viewing

[Speaking of Psychology: How grieving changes the brain](#), with Mary-Frances O'Connor, PhD

*For those who are interested, please note that the podcast transcript is also available in the shared link.

Questions for Journal and/or Reflection Paper Explorations

Francis Weller, author of *The Wild Edge of Sorrow*, provides us with a rich selection of simple writing prompts by which to explore our relationship with grief. Choose 1-2 of the below prompts to play with this month (feel free to write to more if you are so moved!) You may even consider creating a separate journal that is dedicated to an ongoing writing practice around these various prompts. As we've done with other writing exercises, the goal is to write the prompt and then spend 5 to 10 minutes with pen to paper, letting your stream of consciousness direct what is shared. Enjoy the revelatory nature of such a practice!

I remember.....

I wish someone would ask me...

What I really mean....

It is not alright with me....

My tears are for....

Goodbye.....

I will not pretend.....

I will not live small.....

My real grief.....

I mourn.....

I wish.....

I never said.....

I did not grieve.....

I did not get to.....

I'm so sorry heart....

I did not agree to...

Deep Dive Resources

- [The Grieving Brain](#) with Mary-Frances O'Connor: Being Well Podcast
For apprentices interested in the science and psychology around grief, this podcast offers a more extended exploration of the research around neuroimaging and how grief works in the brain, etc.
- [Toward a Biology of Grieving](#), National Library of Medicine
This chapter reviews data on the biologic events that occur during the grieving process and the pathways through which grief might increase vulnerability to physical illness.