Kimberly B. Smith smith 1

Psychology 1010

04/22/2013

Creating a Healing Path

Healing the pain after someone close to you passes away can be difficult. I never thought I would be writing about how it feels to have someone, in my family, pass away suddenly. One minute you’re making plans and the next minute everything is turned upside down. Life has a broad meaning for everyone, but death is fast and possesses life changing affects. Not all people deal with death the same way, but for the most part, there is a pattern to the grieving and healing process.

Accepting the facts about death can be mysterious and elusive with no real known path about it and its definition, which can develop into a feeling of loneliness or even craziness. We all must deal with the loss of someone close, sooner or later and being able to have peace with it can be difficult. I struggle with the empty spot my brother Greg filled so eloquently. To me, he was a best friend, a big brother, a partner in crime and someone I could count on to completely understand me. Only so many people can define me as a person and he was one of them. I have countless reflections of his being which I hold dear to my heart. Things like his smile which made his eyes twinkle; his contagious laughter, his somewhat trackless humor, his generosity, the way he walked and talked and I can’t forget his vanity. He called me “Kimmer”. I really miss

Smith 2

him saying it. Sometimes when I am driving a song will trigger memories along with passages in books or when I hear his name, Greg. The sound of his name, which I do like to say, is all around me. I am fortunate because I recently met at least three Greg’s within the last few months. So, I say his name often and it keeps his spirit alive in me.

Something unique about his death was my family’s ability to cope. My mother, bless her, has so much faith it accounts for all of us. She gave me comfort by explaining how he felt and he was not afraid. We are a family who loves to make each other laugh and that created many, many tears. We had no idea how to plan a funeral, but after some time with each other we had it arranged. It was as unique as he was. We sat down, had some good memories and did some more planning. It was then I realized why death makes life so much more important to live.

I have begun to accept my brothers absents because with every memory of him I feel more obligated to enhance my own life and the people within it. I am feeling more accountable for my actions and how it can affect others, positive and negative. I do enjoy each day for whatever it has in store rather than looking too far ahead. This experience may have made me a little more selfish as far as my wants are concerned. Meaning, I feel more important to myself; enough to change bad habits or clarify personal values. I want to create better habits like exercising regularly, reveling in all son and daughters accomplishments, or just doing more activities that my family can share. Death can and does have some positive aspects, although they are hardly a comparison to the loss.

Smith 3

Mentally I am doing much better but physically I’ve been under the weather. Bombardment of headaches (migraines), quite a bit of illness and feeling tired. This can be a common side effect according to my research. Knowing and accepting how a loss of someone affects us is a start in the healing process. There is no one way to cope the pain of losing that person, but it too shall pass. Understanding that the person is still part of us and their presents is felt daily; can be a good start in the healing process.

Recovery is slow and gradual. I can’t say exactly how long it will be but I know it will. The attachment to him will probably always be there but in a different form. This paper was a painful and therapeutic part of the healing process, although difficult at times to write it has helped me to understand my own feelings. The only way to heal sometimes is to remember.

Work Cited

Brook, Noel (2011). *The Physical and Emotional Effects of Grief.* Retrieved from:

<http://www.griefsteps.com>.