

SURVIVOR SERIES

Introduction

The Survivor Series has been written for those who have been victims of pain and grief caused by life events and circumstances. The survivor's are those who are left behind to deal with the trauma, pain and grief. Through this series of specialized booklets, we aim to provide information and the necessary tools to help you move beyond victimization to victory, by taking control over your own life and well being.

Coping Skills Personal Tool Box—Print them and carry them with you, share them with someone who is grieving or experiencing pain!

Allow yourself permission to cry, be sad and grieve

Do not "Isolate" yourself! This is one of the unhealthiest things for a griever. If this is not by your choice, find support through a support group, grief therapy, place of worship or other support organizations.

Talk about your situation only when you choose, if you do not choose let others know that you do not want to talk until you are ready. Remember, it is not healthy to keep it inside, but it is also impossible to move forward if you keep reliving the story over and over again in thought or by repeating it.

Accept help or assistance from others

Do not make personal decisions you may regret later—WAIT!

Focus on your personal care; Eat, Sleep and Exercise to keep yourself well and to lift your mood.

Take as much time as you need to process your grief-there is no time limit!

Do not over extend yourself be gentle, patient and kind to yourself.

KNOW that you are not to blame for the decision of another, regardless of what you said, did or did not do.

If you feel guilty, FORGIVE YOURSELF! This is a big part of the healing process, living with guilt does not change anything or help your situation in any way.

Allow yourself to laugh, love and be happy again without feeling guilty

Allow yourself to live and know that your life is important and you have your own purpose regardless of the depth of the loss you have experienced...put yourself first!

SURVIVOR SERIES

The Loss of a Child

The Mother

The Father

The siblings and other family members

The spiritual connection of the parents and their child

The need to live your life and purpose

The promise from God

The tools to help you move through the grief process

The Mother

There is no love like a mother's love. The love that a mother holds in her heart for her child is so intense, so powerful regardless of the child's age at the time of loss. This Love is instilled at the moment of conception, the feelings and emotions that come with just "KNOWING" you are holding and nurturing something so precious; a part of you. The feelings again are beyond words.

When there is a loss at any time following conception the pain is the same. The tragedy from that loss is felt with the same intensity. The dreams, the would have been and the wonder have all died with this loss.

The Father

The pride and his world are shattered. He feels such pain; the guilt of not keeping the family safe, not having control over the circumstances, not being able to prevent or protect his wife, child, family or situation.

The silent pain, the strength and responsibility he must show, trudging through having to hold it all together, all along aching inside.

The pain both parents feel cannot be measured on a scale, by words or by definition. It changes life as it is known forever. It separates, builds walls and divides couples and families. It feels dark and lonely in this space. It's a space that cannot be occupied with another or understood or put into words.

The way to start the healing process is to let the pain and sadness out and let the light in so healing can begin. Your grief must be expressed. Let yourself live again, give yourself permission and share your feelings with each other and other family members and friends.

Your other children feel and experience your loss with you. You are a family unit. Because of their connection, even children that are born after the child's passing are also part of this experience. They can and may also have many feelings related to your child's death.

It is important that every child that has been conceived be acknowledged and named if you choose.

The "what if's" are also felt by the other children: guilt, disappointments, even grief and expectations. It engulfs the entire family. It changes the lives and destiny of all members of the family; parents, siblings, grandparents, aunts and uncles. It can also change the way others respond to and interact with all of you as well.

Each child you bear is different and unique. Do not compare, judge, blame or impose expectations. Allow each to have their individuality and shine in their own way. Support each other, show your true feelings and remember not to let anyone forget who they are and what they mean to you. **Remember, your other children need you too; do not shut them out.**

You can never lose your connection with your child, because your Spirits are connected and your Spirit never dies, only the flesh, only the human part of who we are while we walk this earth.

You cannot and will not ever lose your connection to your child. Both parents become one as they give conception to their child and at that moment they are spiritually connected. As the mother carries this child it is added to the equation to create one, connecting all 3 spirits; mother, father and baby, just like the trinity. That is a bond through spirit that cannot be separated, broken or disconnected by anyone, place or thing.

This is why God says, "Every Child Is A Precious Gift", created and united by two, and becoming the third connection that is equal parts of the two. What an amazing bond and spiritual connection of two human beings, two spirits, now understanding the spiritual experience that occurs ever time life is conceived and how precious that life is at the moment of conception.

This explains why the grief and pain from the loss of a child is one of the deepest and most painful of all death experiences, next to loosing a parent who is also always part of the trinity.

How is it possible to move on when that old tale that has been told over and over by so many keeps repeating itself, "You can never get over losing a child." No one just gets over anything. It takes a conscious effort and a lot of work to release the pain and suffering and move forward. It can be done, it should be done, and it is what all of our loved ones would want for us here. There is a need to be free from grief and pain and to live our lives. We all are here to serve our own purpose. We are not meant to forget the ones we loved; that is why we have memories. We are meant to remember and celebrate the amazing and wonderful things that we cherished, admired and shared. This is sometimes done with laughter and sometimes done with tears. Both are perfectly okay.

Remember, this is important

Death is not a choice...but to live is...we can just exist each day or we can live each day and make the best of everything that comes our way. Learn to celebrate the lives of those we have loved and lost. We will be re-united when the time is right and we have done the job we have come to complete and only God knows when that time is and how it will come. Until then, you need to live each day as if it is your last and do all of the things you were put here to do.

Create A Daily Journal To Express Your Feelings

Journal each day; record messages, conversations and feelings you need to express. This is a great way to relieve the emotions that you may not want to share with someone else or that you may have wanted to say but did not get the opportunity to say. You can use any notebook, pad or journal or make your own with special pictures, words and/or keepsakes to record your feelings. You can

add pages to your journal, destroy them, burn them, share them, whatever you choose to do with the information is okay once they are written and expressed. There is no right or wrong and remember, everyone processes and handles things in their own way.

May your heart find peace in these words as you read them:

Death is not a choice...It is something we must all face one day...There is nothing that prepares us for this experience, when we must say farewell for now...see you again someday.

But you can rest in the assurance that God has promised a place of complete serenity, a place where there is no more pain, suffering, tears or sorrow; just peace and a time to rejoice and be surrounded by God's love.

Know that ones that you love that have gone before you will be there to welcome you home someday.

We must say so long for now...May God Bless you as you continue your walk on the journey of life...Remember to live each day to the fullest, do not carry burdens with you from one day to the next or borrow from tomorrow...I pray that you have peace in your heart.

I know you will never forget, nor should you stop holding your precious memories in your heart and mind until the day you meet again. Never stop thinking or talking about the ones you miss and love because they are not supposed to be forgotten or not talked about, no matter what anyone says. If some don't want to talk about loved ones it is because they are uncomfortable in their grief. But that is not yours to hold onto, and it does not make it wrong if you want to talk, laugh, and reminisce about loved ones.

Time does not stop the pain of missing someone, we will always miss the ones that we are separated from until we see them again, but this does not mean that it needs to consume your every thought and moment and that you should never smile, laugh or be happy again. You will have moments and that is OK, everyone does.

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