Another Image for Understanding Grief: 
THE GRIEF LOOP

Each person's perspective enriches everyone's understanding. We thank Jeanne M. Harper who created (and permitted our sharing) the following "description of the grieving experience. Carol Sus, Racine Wisconsin, brought it to our attention.

Acceptance
Reconciliation
New relationships

Guilt or special days or remembering can pull us back into another grief loop

Each time we experience another feeling of grief, it becomes less intense than the initial feelings. (Birthdays, holidays, etc.)

The main idea to stress is that there are breaks in the grieving process, and the intensity weakens.

Anything can happen in the initial loop - any one feeling or any combinations of feelings can occur.

The Grief Loop Process

There are breaks in the grieving process, and the intensity weakens. Each loop may experience feeling of grief.