Families in Crisis Name:

The Grieving Process-Section 16.1 Assignment#

When family members experience loss, even though small, they go through a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

When they are able to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ their feeling, they will be able to handle then and go on with their lives.

Grieving Process

When loss occurs, family members pass through certain emotional stages:

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Denial-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Anger-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guilt-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Blame/Bargaining/Depression

To try and get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, they may \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ others for the problem.

They may try to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to make themselves feel better.

They may feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Acceptance

These feeling are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the grieving process.

It is important that family members \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the loss.

“This happened to our family and we are sad, but we can and will move on.”

Accepting a Loss

Acceptance is needed so family members can take \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ to the changes brought about by the loss.

They need to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so the function of the family can be carried out.

\_\_\_\_\_\_\_\_\_\_\_\_\_ may need to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_ from others may be needed.

Unhealthy Adjustment Patterns

* If the family does not adjust, unhealthy patterns may develop.
* Feelings of \_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_will continue
* Members may feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, stop eating, withdraw from others, or fail to show up at work.
* They may abuse \_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to cover up their feelings.
* They may \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ other family members
* When family doesn’t function normally, the \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health of members may suffer.
* Parents may ignore their parental responsibilities- as result children may be neglected, malnourished, or abused
* Children’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will suffer if they don not experience love and acceptance
* Children may feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- alone, without hope, or cut off from other who care
* This feeling is listed as a major factor in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Responding to crises with unhealthy behavior patterns may hinder the growth and development of family members and cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Developing skills for preventing a family crisis is important for all family members