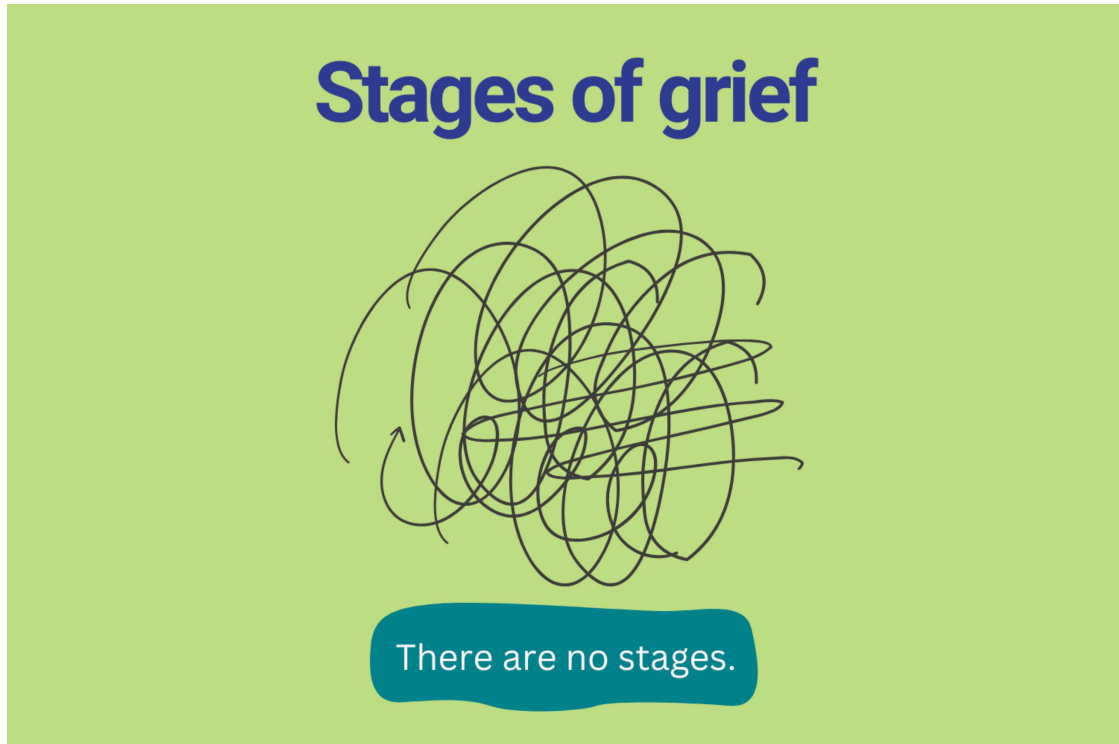


What Bridget Jones Teaches Us About Grief



Grief is Not a Checklist and Bridget Jones Shows Us That.

My name is Aoife Lynam, and I have been researching grief since my Undergraduate degree when I trained to become a teacher. The reason I am writing this blog is because something happened in 2006 that has led to nearly two decades of thinking about, researching, and teaching about grief.



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Guest Blogger: Aoife M. Lynam

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Rochelle 9 months ago · 0 Likes

I lost my dear husband a little more than four years ago. I am grieving still. My beliefs say that he did not die, his body died. He lives on. The love bond is the strongest there is. It lasts forever. I know that he is here with me. I know that love never dies. I know that we never truly die. Yet I still grieve.

**GRIEF MATTERS**

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women, All of us were grieving, the loss of our mates, the love of our lives. Suddenly I realized that there was no "one way" to grieve, that I was not crazy, I was grieving. That thought hit me hard. It was a profound moment for me. I had been stuck in the :5 stages of grief myth, and I came out thinking I was all wrong. What I learned is that grief is not something we can define in time or stages, it is unique to each individual.

My husband knew about grief, as he had been married to a dear woman who passed from cancer before I met him. He used to say that when someone dies, it's important to find a place within yourself for them to stay and be remembered. Those words mean everything to me now. I think they come from the wisdom of someone who knows grief face to face.

**Grief Matters** 9 months ago · 0 Likes

Hello Rochelle, thanks so much for sharing your story and your experience with the concept of 'stages of grief'. Your insights are very meaningful.
- Michele

**Sandy** 9 months ago · 0 Likes

Thank you for this - the more people understand about grief, the more we can support each other through the grief.

**Grief Matters** 9 months ago · 0 Likes

Absolutely! We agree. Thanks for sharing your thoughts.
-Michele



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