Unit 4 Discussion

Chad Reynolds

First Blue Bar: Moved to Virginia

First Orange Bar: Grandmother Died

First Yellow Bar: Best Friend Keenan Died

Second Blue Bar: Breakup of first girlfriend

Second Orange Bar: Iraq

Second Yellow Bar: Divorce

Third Blue Bar: Church Politics/Drama

I have been able to overcome some of this loss, yet still find that at times I do rethink about the situations and tend to obsess over ways they could have gone differently or how I should have grieved more. My main coping strategy if it is even a strategy is to just do more work and stay as busy as possible so that I really don’t think on the subjects. My main obstacle that is in my way of really overcoming these losses is my upbringing. As I mentioned in the previous discussion post my family isn’t really to positive about sharing feelings and overcoming loss emotionally. They are more of the just deal with it and keep moving forward. This experience as far as being used to help others makes it so I can recognize how this method fails and to ensure I help clients process their emotions that are connected to their loss events.