

Introduction to psychology- the beginning and ending effects of grieving

[Life](#), [Death](#)



Introduction to Psychology- The Beginning and Ending Effects of Grieving

Chapter 17 assignment 1. How would you explain the death of a grandparent to a 7 year old child? -In trying to explain Grandpa's death to a 7 year old, it is important to give brief, simple explanations-they do not need a long, complicated lecture about death. It is important to communicate that Grandpa lived a good life, and his body might be gone but the memories of him will always live with us. In my family, as a Christian, it would be important to explain that Grandpa is now in Heaven with Jesus, and that he has been looking forward to this his whole life. Also, I would tell they child that he will be able to see his grandparent one day when he dies and goes to Heaven.

2. Your 40 year old friend has recently been widowed. List 3 things you should not say to her or do, and explain why? -Three things you would not to say or do to a recent widow are:

A. You would not want to pretend that the spouse never existed, and to avoid talking about that person altogether. A widow would want to talk about the memories of their spouse, and you should be there to listen and encourage this discussion. It is a positive way for a widow to deal with grief.

B. You would also never want to tell the widow that you know how they feel. It is impossible to even imagine how the person feels unless you have gone through it yourself. It is best to say that you could not imagine what they are going through and that you are here for them whenever they need to talk.

C. I would also never tell them that they can call me if they need anything and just let me know what I can do to help. This is often somewhat insincere; instead I would say something like I am free on the weekends, why don't I come over and we can do some cooking and gardening. Many people that have encountered a death will not ask for

help so it is best to tell them that you want to help, and suggest some meeting times. 3. Knowing that you have a terminal illness, would you prefer to be kept alive for as long as possible by artificial means or to be allowed to die peacefully in a hospice? -Quality of life is very important to me; artificially keeping my brain alive by a machine is no quality of life. I am in favor of allowing doctors to have written directives from a patient to turn off a machine when there is no hope of recovering. I would also not want to be an emotional and financial burden on my family; My life after being taken off the machine would be much happier in Heaven. 4. What are some possible implications of the absence of a formal ritual to end grieving in a culture? -It has been proven time and time again that funerals are a very important part of the grieving process. It gives closure to the survivors. A funeral helps us acknowledge that the death is real, and it also helps to give support to the mourners. A funeral most importantly gives some hope and faith for the living, and also a continued life for the deceased after they have passed. The symbolism of a funeral allows people to embrace their faith and beliefs about life and death, which is important in the mourning process.