

Healthy grief

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In this stage, he confronts the reality and inevitability of the loss and his helplessness to change it. It is worth noting that the grieving individual may experience sleep, cry, withdraw from other activities and relationships, and even change eating habits. The final stage of the grieving process is acceptance. After the individual has processed his initial grief emotions, he is able to accept that the loss has happened and undoing it is impossible. In this stage, he is able to plan for his future and re-engage in his normal day-to-day activities (Dombeck and Patricelli, 2013).

The job was a devout man in the Bible who lived many years ago. However, tragedy struck this righteous man and the story is of an individual who underwent the grieving process. In the book of Job 2: 8, Job suffers pain and anxiety and he becomes emotionally tormented, alone, angry and confused. The job fails to understand why he is undergoing such suffering despite being faithful to God (Kroll, 1992). In chapter 3, he violently and forcefully expresses his complaint (Kellemen, 2006). Job begins to bargain and this is indicated by his desperation to solve the secret behind his suffering. No solution appears to be better and it makes Job pray expectantly. Job pleads to God to take action before it is late. In Job 7: 21 he says “ I will soon lie down in the dust ... you will search for me, but I will be no more”.

Job enters into depression, he becomes increasingly perplexed, without hope, discouraged, and confused. It goes to a point such that he sees death traversing around his life, ready to take him down. He views himself as doomed to die a hated, despised, lonely, and broken person. In Job 17: 1, he moans by saying that, “ My spirit is broken, my days are cut short, the grave awaits me” (Kroll, 1992, p. 67). Job accepts his suffering and in Job 13: 18 he states that “ I have prepared my case, I know I will be vindicated”. He

understands that whatever has occurred to him, in any case, he will never fully understand. However, in the end, he knows that it will be for his and everyone's benefit. Job says to God in Job 42: 2, " I know that you can do all things; no plan of yours can be thwarted" (Kroll, 1992). Job's stages of grief can be illustrated by the following chart.

Figure 1: The extended grief cycle. Source: (ChangingMinds. org, 2013)