

## “GET OVER IT”

*The Taos News has committed to implement a weekly column to help educate our community about emotional healing through grief. People may write questions to Golden Willow Retreat and they will be answered privately to you and possibly as a future article for others. Please list a first name that grants permission for printing.*

Dear Ted:

I am becoming more and more aware how insensitive society can be in reference to emotions, especially difficult emotions, such as sadness and pain from loss. There seems to be a demand to hurry up and “get over it” which brings me to a place of deeper sadness and a feeling like I am “bad or wrong” from hurting and expressing my loss. Is there truly a time limit for healing from loss? Why do I feel such a large disconnect when I try to share my feelings? Thank you, Just Sharing

Dear Just Sharing,

Thank you for your question and observation about societal pressure in the midst of loss. It can be vulnerable to share feelings and emotions, and when those feelings are dismissed, belittled, or clarified that you could have done it (or do it) differently, it can cause a feeling of disconnect and possibly trigger you to emotionally shut down internally and/or externally.

As world demands continue to increase as well as levels of anxiety for survivorship, people seem to have forgotten the art to stop, listen, and care about another person’s feelings and hardships. It can feel as if your emotional sharing is a burden or gets in the way of whatever task they felt was important, and that you may slow them down or make them “feel” rather than stay in a task driven society. This is a sad state of affairs as emotional healing happens through sharing joys, victories, sorrows, excitement, and other emotions we are experiencing. Connection allows the heart to grow and be vulnerable which allows healing to happen as well as emotional intelligence and personal growth.

Many people have become caught in the task at hand and become seclusionary and even protective of their bubble, to the point of not noticing that their isolation can be detrimental to relationships as well as stall healing for themselves as well as others. If this has happened, someone may dismiss someone else’s emotional or physical pain as it gets in the way of their tasks and may add to their emotional baggage. Grief is a lifetime process which does not mean you should stay in excruciating pain for the rest of your life, but your loss is part of your life experience and will show up at different times in different ways.

Loss and grief are a part of life, but change over time, and your relationship with the grief process changes as well. If you choose to do your grief work and find people who you can safely share your feelings and process with, you will find that you may not get over your grief, but you are moving through it and gleaning wisdom and strength from the process. We do not get to selectively choose when the grief process arrives, or when we want it or don’t want it to be in our lives, but I hope your choice is to consciously grieve and be aware of the slow changes within your healing transformation. Find friends or professionals that are willing to take time to witness your healing process (including the discomfort), and know that you are experiencing a natural and normal healing process called grief. You don’t “get over it” but you can move through your loss slowly, transforming it into the new person you are becoming. I wish you well. Until next week, take care.

Golden Willow Retreat is a nonprofit organization focused on emotional healing and recovery from any type of loss. Direct any questions to Ted Wiard, LPCC, CGC, Founder of Golden Willow Retreat at (575) 776-2024 or [GWR@newmex.com](mailto:GWR@newmex.com)