



## Rising Above

Finding Pathways of Healing and Completeness  
Helping People to Stand on a Solid Rock



The Grief Recovery Method®  
by The Grief Recovery Institute®

***The Action Program to help gain a foothold on the Pathway to Healing.***

***Assisting in the recovery of Grief associated with Abuse and Addictive Behaviors.***

***Breaking the power of the Destructive Force of Isolation and Conflict, bringing healing to Broken Relationships.***

***Assisting in Moving Beyond the Pain of Loss***

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 Solid Rock Solutions Grief Recovery  
Specialists

### **STERB's/Addictions, Isolation and Grief**

STERB's or **Short Term Energy Relieving Behaviour** goes hand in hand with grief. When we do not know what to do with the conflicting feelings we experience during a crisis or a loss we reach for something that will help us cope.

This behaviour either suppresses the feeling or **temporarily** postpones experiencing it. It only brings temporary relief and therefore has to be repeated, translating into addictive patterns.

One of the results of Grief (the emotional pain we feel) and STERB's or addictive behaviour is isolation and alienation from our relationships and support structures. This results in more grief.

The Grief Recovery Program seeks to help a person identify the root reason behind the emotional pain, broken relationships, STERB's or addictive behaviour. This helps the individual deal with the pain so that they can move beyond the grief finding a path to healing, breaking down isolation and the emotional need for STERB's.

### **Definition of Grief**

Grief is the normal and natural reaction to significant emotional loss of any kind. While we never compare losses, any list would include death and divorce as obvious painful losses. Our list also includes many others.

Grief is individual and unique. As every relationship is unique, so are the feelings and thoughts each person will have about the relationship that has been altered by death, divorce or other reasons.

That pain we experience as a result of the conflicting feelings during a loss or change is called grief.

### **The Problem**

While grief is normal and natural, most of the information passed on within our society about dealing with grief is not normal, natural or helpful.

Grief is the emotional response to loss, but most of the information we have learned about dealing with loss is intellectual.

The majority of incorrect ideas about dealing with loss can be summed up in six myths that are so common that nearly everyone recognises them. Most people have never questioned whether or not they are valid. The misinformation is best described in the following:

### **Six Myths of Grief**

- Time heals all wounds
- Grieve alone (Isolation)
- Be strong for others (hide the feelings)
- Don't feel bad
- Replace the loss
- Keep busy

Just looking at the myth that "time heals" creates the idea that a person just has to wait and they will feel better. We have known people who waited 10, 20, 30, and 40 years, and still did not feel better. And we know that they would tell you that not only had time not healed them, but it had also compounded the pain. The other 5 myths carry equally unhelpful messages.

We are all advised to “Let Go,” and “Move On” after losses of all kinds. Most of us would do that if we knew how.

Completion of pain caused by loss is what allows us to let go and move on. It is almost impossible to move on without first taking a series of actions that lead to completion.

But before we can do that, it is important to look at and often dismiss some of the ideas or myths that we have tried to use with loss, which are not working.

Recovery from loss is accomplished by discovering and completing all of the undelivered communications that accrue in relationships.

### **The Solution : Safety and Correct Actions**

The Grief Recovery Method provides the correct action choices that help people move beyond the pain caused by loss. During the 8 week program a safe environment is created in which to look at old beliefs about dealing with loss; to look at what losses have affected your life; and to take new actions which lead to completion of the pain attached to one of those losses.

## **Rising Above**

Parry Sound & Muskoka Area

**Web:** [www.risingabove.ca](http://www.risingabove.ca)

**f:** Solid Rock Solutions  
Grief Recovery Specialists

**Affiliated with:** The Grief Recovery Institute

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## **43 Losses**

*There are 43 losses that can produce the range of emotions we call grief.*

*The long list includes*

- *Death*
- *Divorce or the end of a relationship*
- *Loss of health*
- *Loss of faith*
- *Loss of safety*
- *Loss of trust*
- *Major financial changes*
- *Loss of a career*
- *Moving and many others*

*Grief is normal and natural but many of the ideas we have been taught about dealing with grief are not helpful.*

## **Moving Beyond Loss**

*If you have experienced one or more losses and you wish to move beyond the pain, this program offers you the probability of a richer and more rewarding life.*

*This program can help to heal broken relationships or help you to move on from the relationship. It can also assist in the healing and recovery process of substance abuse or other addictive behaviors as it brings healing to the emotional pain and assists in breaking social isolation.*

**For information about the program, contact:**

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## **Other Programs Available:**

### **The Grief Recovery Method®: When Children Grieve**

*For the parents, grandparents & guardians of grieving children*

The purpose of the Grief Recovery Method®: *When Children Grieve* program is to teach parents and guardians how to guide their children in completing their relationship to the pain, isolation and loneliness caused by a significant emotional loss of death, divorce, pet loss, moving and any kind of other loss.

### **The Grief Recovery Method®: Pet Loss Recovery and Support Program**

Assisting pet owners to move beyond the pain of the loss of a pet in a healthy and constructive way.

If you've found yourself almost inconsolable after your pet died, please know that you're normal. If you've found that your family and friends don't seem to understand the level of your grief, please know that, too, is normal.

Your relationship with your pet is special; it's a bond that is very different than those that human beings share with each other.

When a beloved pet passes away, people often resort to incorrect mechanisms to deal with the grief, such as trying to move too quickly past the loss (dismissing the real impact), or even attempting to replace the pet immediately. However, these are merely two myths out of six that the Pet Loss Recovery and support Program discusses and dismantles.

