



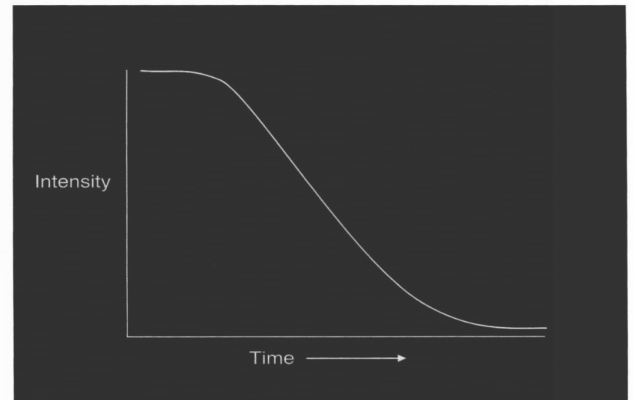
ABRPO

STUGS

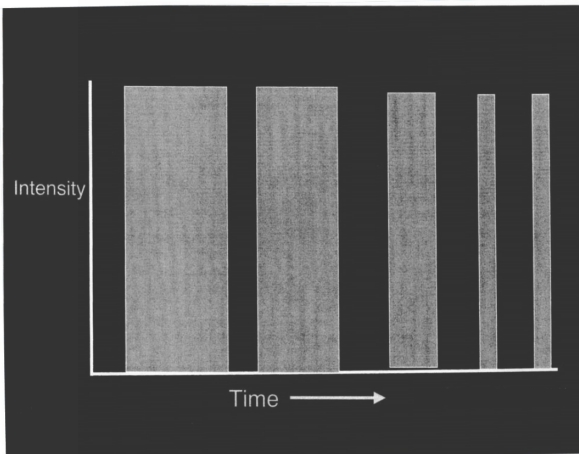
**Sudden/Subsequent
Temporary
Upsurges of
Grief**

HOW WE THINK GRIEF SHOULD BE

There's an expectation that as time goes by we will overcome our grief. We expect ourselves and others to get over it and move on. Part of this is the myth that the intensity of the pain of grief diminishes as time passes.



This graph represents the idea that the intensity of our grief response diminishes as time continues.



This graph shows the sustained intensity of our grief when it arises, but the duration of the upsurges shorten over time.

HOW GRIEF OFTEN IS

However, the lived experience of grief is often that we experience sudden intermittent "hits" or upsurges of grief as intense as the initial loss, but the duration of these upsurges diminishes over time.

Anything that reminds us of someone who has died can resurrect intense grief responses. It might be a song, a smell, or a place. It can be confusing to us if we thought we were "over" the grief. These strong feelings are normal and will eventually pass. **It is a STUGs moment.**

We might need extra care or to take things slowly if we are in a STUGs moment. Normalize these temporary and intense grief responses. Tell your co-workers and ask for what you need from your support circle.

References: Rando, T. 1993. The Treatment of Complicated Mourning.
Rosenblatt, P. 1983. Grief, the Social Context of Private Feeling.