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with Dr. Jason Troyer



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Can You Take Remembering Too Far?

Is it possible to take remembering too far? In some ways, yes. It is. This goes back to a topic in the introduction section – about finding balance in your grief. I want to be very clear -- wanting to remember and talk about your loved one and being met with resistance from others is NOT an indication you are taking remembering too far. That just means others aren't using the same processes for grieving.

Taking remembering too far is determined by how your grief process is helping or hurting your relationships with important living people. If your grief process, and specifically remembering, is so intense or time-consuming that it is hurting your relationships with close loved ones, then you may be taking it too far. But this is very different than wanting to remember your loved one and other people not being comfortable with you sharing your memories.

Journaling Prompts

- How do others respond when you want to talk about your deceased loved one or engage in remembrance activities and rituals?
- Who are the 3-5 most important living people in your life? How has your relationship with them changed after your loved one died? Do you feel closer to them? Separated from them?
- Have you started a major project or organized a remembrance event since your loved one died? How much time and energy has this taken?
- How would your living loved ones respond to the question, "Do you feel neglected or abandoned since our loved one died?"