

Chapter 1 : Disenfranchised Grief

Dysenfranchised Lovers is a book about 4 lonely friends looking for love, but at what cost to find it? Jamel, his brother Derrick, and their friends James and Marcus should be every women's dream, and they are, but are they really looking for their soulmates or just a good time?

Seven years ago I fell in love with a wonderful man I met at work. Although we never dated, we spent many wonderful hours together talking about everything and nothing. We spent a year getting to know each other, and I fell more in love every day. After I was transferred to another department, I was sure we would spend a wonderful summer getting to know each other in a more romantic atmosphere. I was heartbroken and never understood why he dumped me like that. Since then I have married a wonderful man, who has been a great stepfather to my children and a wonderful husband. He loves me and supports me in all I do. Last month I found out that my co-worker "love" of seven years ago had died in a one-car accident earlier this year. For months after he disappeared, I had wondered "why" and "what if," but I thought I was all over that by now. Well, not very much. I emailed his best friend and asked about his grave, so I could say goodbye. I was told that his gravesite is not to be published, that his wishes were that nobody knows where he is. He had no funeral, no obituary, and has no marker. This makes me even crazier. Like he faked his own death. I went to our old office building two days ago to say goodbye. I sat in the parking lot, cried, yelled at him, called him names, screamed at him for dumping me, and got even madder that he died in a single car accident. How could he be so stupid! Did he fall asleep? Why do I feel like this? We never even dated, it was just a flirtation several years ago. I feel so selfish because I have a family to take care of and a husband who loves me, and I have no right to live in the past. The needs of the living must be met, but I have trouble dragging myself through the normal daily routine. I feel like I have no right to grieve, or even to be writing to you. Still, somehow I feel that writing about him helps. I just need to find out how to let him go and go on with my real life. Can you please help me understand? What is happening to me? Let me assure you that you do have the right to grieve, and you certainly are welcome to be writing to me! *The Rituals of Our Daily Lives*: And there is no public or even private funeral. Sometimes only regret and nostalgia mark the passage. You are the only one who knows in your heart of hearts just how much this particular person meant to you, my dear, and so you are the only one who can measure exactly what you have lost, now that you know he has died. Loss is loss, and pain is pain. You say you have no one to talk to about this, but you did manage to write to me, and that is a very good start. In a sense, you became accustomed to loving him in his absence, and deep inside your heart you could keep hope alive that one day you might see him again. Now you are faced with the harsh reality that his absence is forever, and that is very hard to accept. Please know that anger and guilt are two of the most common reactions in loss: You are a human being reacting in a very normal way to having lost very someone dear to you. Please accept your feelings as normal and completely understandable. Judge yourself not by what you are feeling, but rather by what you do with what you are feeling. When we simply acknowledge if only to ourselves what we are feeling and why we are feeling that way, oftentimes the energy generated by those feelings simply dissipates, and no one else is hurt. This is why it helps so much when we are in mourning to do some reading about grief – it helps to know what is normal, what we can expect, and what we can do to manage our own reactions. It helps us feel more in control, or at least less "crazy" and certainly better informed about what we are experiencing. You also say that writing about him helps, and I think therein lies an important clue. You might consider writing a letter to this man, telling him everything you need to say to him. That in itself can be very healing. You might also try to have this man write a letter back to you! You could construct an entire ritual around this exercise: This is your ritual, and you can construct it in any way you like, and design it to accomplish whatever objectives you choose. Another alternative is to find a safe and quiet place and have a good long conversation with him in your heart and in your mind. And if you care to do so, even though this man died several months ago, you still can hold a memorial service for him -- in the solitude of your most secret self, your very own service of mourning, in the tabernacle of your very own soul. Your feedback is welcome! Please feel free to leave a comment or a question, or share a tip, a related article or

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a resource of your own in the Comments section below.

Chapter 2 : Disenfranchised Grief - The Grief Recovery Method

*Dysenfranchised Lovers [Brian L. King] on calendrierdelascience.com *FREE* shipping on qualifying offers. This book has the realizations of everyday life as the stakes spike and emotions are stressed to the max.*

Especially if you use these specific affirmations. By Louise Hay and David Kessler 1. Complicated Loss To put it simply, complicated loss is any loss that is complicated by other factors. Most of us know that we will experience loss when a relationship naturally ends. When two people mutually agree on separation and divorce, that is an uncomplicated loss. When the death of an elderly relative happens in an expected way, after a good, long life, that is also an uncomplicated loss. How many of these are there? How often does everyone agree on endings, and how often do things end well? In other words, the loss was a surprise. While you may name it, and it may well be a complicated loss, no matter how complex, the possibility for healing is always there. Everyone has a right to choose to be in a marriage or not. Loss in Limbo Here are some examples of loss in limbo. After the third break in a relationship, a couple might say, "The separation is killing us. We wish we could make this work, or finally end it for good. This relationship will grow or end in its own time. Life sometimes forces you to live in limbo, not knowing if you will experience loss or not. You may wait in limbo for hours, days, weeks, or even longer when a child is missing. The families of soldiers missing-in-action are often wrenched by decades of living in limbo. But that information may never come. Being in the limbo of loss is, in itself, a loss. In the storm, you can find a port. In these situations, you can become paralyzed and are no help at all to others, or yourself. A healing affirmation for this situation is: What if instead you said to yourself: Let me get out of the way so that they can come together. Disenfranchised Grief Disenfranchised grief is the result of a loss for which people do not feel they have a socially recognized right to grieve. Disenfranchised grief is often not openly mourned or approved of. Examples may include when the relationship is not socially approved of or publicly recognized, such as with gay or lesbian relationships or marriage. In those cases, try thinking: If the relationship exists primarily in the past for example, the deceased is an ex-wife or ex-husband ,try thinking: I will fully grieve my love for him or her". Other times, the loss is hidden or not easy to see. Hidden losses include abortion or miscarriages. In those situations, try thinking: In still other cases, there may be a stigma connected to how a person died. This could be a death that appears to have an element of poor decision-making or what some consider sin, such as those involving suicide, AIDS, alcoholism or drug overdose. Try thinking this after a loss due to suicide: I now see him as whole and at peace. I remember him before he was addicted, and I see him now without his addiction. In that case, try thinking: I will only share my grief with those who will understand my loss. I honor my losses.

Chapter 3 : Disenfranchised grief - Wikipedia

I wrote my first novel Dysenfranchised Lovers which was released in mid After, I resigned from my position in Corrections, I moved to Pennsylvania and became a supervisor in a group home, for mentally challenged adults, thus having a more flexible schedule.

KD September 5, at 2: I met him through work on October of and by June of we began dating. We had an instant connection and spent just over a year in a serious relationship. We talked everyday and spent at least days a week together. We both had young daughters so we spent a lot of time together with them. He was everything I ever wanted in a man and I had never been in love before. We shared so many deep and intimate conversations and spent so much quality time just enjoying each other. He would surprise me at work with flowers or lunch and just made me feel like I was the best thing that ever happened to him. He found exactly what he was looking for in me and I in him. Last year he died suddenly in an accident at work and my whole world changed. My heart was shattered. I, of course, was not received well by his ex but his family was nice to me. I went to view the body and part of the funeral but it was dedicated to his ex and kids. I speak to his sister sometimes but I will never see his girls again and that hurts in itself. I did seek out a therapist and found comfort in my faith but a year later I am still just as heartbroken and in shock. He was my first true love and my only best friend. Though we were official a little over a year, it was like we knew each other forever. He met my entire family and was even mentoring a cousin. I would talk to him about anything and he accepted me for me and I for him. I thought we were soul mates because I had never had a man love me so much and take such good care of me. We would talk about our future together and wanted to buy an RV and travel the country when our girls went away to college. The death of your counsellor or therapist. This, for some can be the most authentic, intimate and important relationship of your life. For those who have not experienced the therapeutic relationship and do not understand, the solution to your grief is straightforward. So whilst experiencing the most acute grief pain, you have to carry on as if nothing has happened. In lots of cases, because of counselling boundaries clients are not invited to funerals or given any details about what has happened. This can be very difficult too. I was so fortunate to attend the memorial of my counsellor but the difficulties at work are real and palpable. Dee July 24, at The things that were said to me during the aftermath were some of the most hurtful things I have ever heard. There was no internet back then. No safe place to share like this. The relationship was minimized because we never had that all-important piece of paper. Only a couple of family members came to the wake. My cousin was the only one who understood the struggles we went through with the diagnosis and the treatments. I have a huge family. I believe my parents told them not to come to the wake so as not to make a big deal about it. He WAS my life. Aside from my cousin, who to this day is a blessing, I did find support from others who saw me struggling through grief. You have a right to grieve. The experience changed my life forever. Mati May 24, at 5: I can only say the process of grieving is not one that anyone should go through alone no matter what the relationship between the person grieving and the object of their grief is. Skeeter April 4, at It explains all the gray that surrounds my experience of loss. I have multiple family deaths from suicide and addiction, a number of them in quick succession. They all feel hidden in my interactions with coworkers, friends, etc.. In my experience, disorientation is the outcome when the largest events in your life are not publicly shared. Also, when you take on the task of ensuring that others are not made uncomfortable, at the expense of keeping things secret and unacknowledged. Nicky April 2, at 9: In fact I elected to leave a toxic and abusive relationship " for the sake of my children. Now the toxicity and manipulation is directed towards me as revenge, through using the children and the rural community around us as a tool. I have long felt that they are lost to me, they are not able to come back. I have shame for imagining that the situation is as bad as someone losing a child through death, but they are not dead. Rebecca October 28, at 7: Last year my son passed away suddenly but years before I lost my daughter through parental alienation. It was like a death and still is, even after actual death of her brother. Laura February 14, at 2: I check in on my cousins that rejected and disowned my mother and me when my mother was dying of a terminal illness. I sit here typing alone but with some dear, real friends in my life on this planet. I feel certain

that Sprit is protecting me. I love and I have been loved. And now I can recognize my grief for what it is, including my miscarriage at the age of Yes, we do need support. I wish all of us who posted here lived in the same city. Someone should form a support group online for Disenfranchised Grievers. I raised him from 5 months to almost two years old, then the court returned him to his bio mom. It was exactly like being separated from your bio child. Also " I am curious that you listed miscarriage and stillbirth under the category of not blood-related. While I agree that society sadly does not understand this loss to be as significant as the death of a child outside the womb, those of us who have experienced this loss know that the grief and loss are just as intense. Thank you again for this article. Vicky M January 6, at 8: My birth mother died. She died 18 months ago but nobody told me, so I found out on facebook four months ago. I was briefly in shock, and upset, for a few days. Then I remembered I had moved on with my feelings about her and I focused on work and voluntary work and life. Unfortunately work had given me a written warning after I took a week off following finding out about the death. I felt betrayed and rejected by a company I have loved and been with from the outset. Work got all my anger and the betrayal I felt was all aimed at them. Is it a normal reaction to a standardised message that many people in work were getting.? My work christmas night out was very sad and shameful. My birth brother died four years ago, lost to depression and alcoholism because of being unable to move on. He is free of this life and its tiresome worries. Nobody in my adopted family who I do love dearly can understand. Before I mess up my job and ruin that huge part of my life I have realised that I need some help and I have sought out grief counselling. Fingers crossed it can help. Ima Piper September 13, at I lost my best friend of 25 years to cancer. If soulmates exist in this world, she was mine. No one has ever known me or will ever again know me the way she did. When the brain tumors caused her to forget my name, she just told the doctor I was her sister because that was the truth in her heart, and in mine too. The pain of having that deep and intimate of a connection severed was and is intense. I was very fortunate that her family recognized that they did not correct her when she said I was her sister and allowed me to participate in her memorial as one of them- I stood in the receiving line with them and spoke at the funeral with her siblings. That helped mitigate some of the disorientation in the immediate aftermath of her death. But as far as a grief that is recognized by society in general, losing a best friend is not where it should be. I still feel it now 2. If someone mentions having lost a spouse or a sibling, people immediately recognize that as a deep, soul-rending loss. There is no further explanation necessary. Not so for a friend"even a best friend.

Chapter 4 : Disfranchise | Definition of Disfranchise by Merriam-Webster

Brian L. King is the author of Dysenfranchised Lovers (avg rating, 8 ratings, 1 review, published), Lies Confessions (avg rating, 5 rating.

While interning, I was assigned to a young woman who had been referred by her doctor for depression. In our first session, I heard her story. She had miscarried her first pregnancy only a few months before. But I wanted this baby I had already named. To this young woman, a miscarriage was not simply a medical event. It was a huge loss. Just about everyone she had talked to minimized it or explained it away. The message to her was clear: Not so well-meaning people may make harsh judgments on the relationship or on the impact of the loss. The following list is a reminder of at least some of the types of disenfranchised grief that bring people to our door. It is not intended to be complete. Fathers, too, can profoundly feel the loss of a pregnancy. This situation is perhaps the most common one where others provide limited support. But for that person, the cat was more than a cat. It was an important family member that gave him needed love and attention. The loss of a child given up for adoption: Since the decision was voluntary, others may not sympathize with the grieving mother. If the mother managed to have a secret birth, she is alone with her feelings. Death of an ex-spouse or lover or even an estranged friend: Even when divorce or separation was bitter or angry or long ago, the person left behind may grieve. Any unresolved issues will never be resolved. An LGBT spouse or partner: There are other families that allow participation but only if the relationship is kept secret. A partner in a secret affair: Since the affair was secret. A difficult family member or abuser: They need room to grieve the lost potential they saw in those moments. A person who has long suffered from disease or dementia: The client feels he should be relieved or grateful that the suffering is at an end. A very old person: Especially when the deceased was active and engaging in their advanced age, relatives and friends may be unprepared for the death and may be shocked and devastated. People may encourage the survivors to only celebrate the long life, not understanding that they can still be saddened by the death. Some people often distance from mourners, because they have strong negative feelings about the morality of suicide. To others, a suicide is cause for anger, not grief. But for those who loved the individual, the emotions are often complicated, especially if the individual was visibly suffering for a long time. Sadness, anger and even relief that the suffering is over are often in the mix. There are those who focus on blame and shame instead of on the very legitimate grief of those who loved the person. Because their predominant feeling is anger at the deceased, they believe everyone else should be angry too. Death because of a car accident caused by driving drunk or drug impaired: If an individual had a number of DUIs, if other people were injured or killed in the accident, if others believe that family members should have or could have held the keys, people may be dismissive of family grief. For some individuals, an abortion, even when freely chosen, is cause for protracted grieving. If friends and family believe it was the right thing to do and perhaps especially if they strongly believe it was not, the griever is unable to share her pain. This applies to the father of the fetus as well as the mother. She is a regular contributor to Psych Central and one of the therapists who answer questions at Ask the Therapist. Causes of Disenfranchised Grief. Retrieved on November 10, , from <https://>

Chapter 5 : Disenfranchise | Definition of Disenfranchise by Merriam-Webster

Disenfranchised grief refers to those many issues not seen as grief by others. Grief is not just about death and includes a wide range of bereavement issues.

At such times, it is important to recognize that the pain we are feeling is very real and worthy of our grief. Here, in this warm and caring place, you are encouraged to acknowledge the significance of your relationship with the one you have lost, if only to yourself, and to honor your grief as a measure of the love you feel for that special someone. And it does not matter to us whether your special someone had two legs or four, human skin or feathers, scales or fur. Loving is loving, loss is loss, and pain is pain. What we are experiencing when this happens to us is what grief expert Ken Doka describes as Hidden Sorrow or Disenfranchised Grief. Accordingly, I am pasting into this message an article by him that I hope will shed some light on all of this for all of us. They had shared 15 years of life together, children and lots of memories – some bad, many good. People now come up to her on the street and comment casually on her loss, some even congratulate her! But Dorothy feels grief. Greg is a year-old junior-high school student. His grief is very private. Marie is a year-old woman. She has been very depressed and withdrawn lately, ever since her prize terrier, Perzi, died. When Perzi was alive, she had security, companionship, and a compelling reason to walk and socialize. Now, she has none of these. Imagine grieving for a dog! He easily cries and becomes frustrated. His regression is perplexing to his father. It happened soon after his grandmother died. She, too, lived at the house. What is Disenfranchised Grief? Each of these persons is experiencing grief, but in every case, the grief is disenfranchised. Because their grief cannot be shared, these grievers face special pain and problems. By understanding these unique grief experiences, we can sensitize ourselves to the burden of hidden sorrow and more effectively cope with our own losses. Grief can become disenfranchised for many reasons. Every society has conventions about grieving – rules that define for whom, how, for what, and for how long people should grieve. The grief of others often is not considered. We are attached to all sorts of people besides family. We can develop strong relationships with any people – fiances, friends, co-workers, neighbors, teachers and therapists, to suggest a few. And when these people die, we experience grief. Non-traditional Relationships Even more complicated are relationships that are hidden, or viewed negatively. Lovers and persons who live together, whether heterosexually or homosexually or even platonically face added burdens, which points to another aspect of disenfranchised grief. Sometimes it is not only others that inhibit grief. Sometimes we disenfranchise our own grief, because we are ashamed to talk about the relationship or loss. Characteristics of the Griever Often, conceptions of who can grieve a loss are based not only on relationships, but sometimes on the characteristics of the griever. Certain grievers, such as the very old or very young or the developmentally disabled, are often ignored. Many think these individuals just cannot possibly understand. Emily is a good example of this. Emily is a year-old resident of a nursing home. She is quite ill and at times confused. Recently her year-old son Bob died. The family decided not to tell her, because they believed it would only upset her. Meanwhile, Emily wonders what terrible thing she did that would make Bob stop calling and visiting. Hidden Losses Sometimes grief is disenfranchised because the loss is not recognized. Not everyone experiences loss after an abortion, but some women and some men do. Humans can also form very close attachments with animals and deeply mourn their loss. Losses Other Than Death Losses outside of death are often unrecognized, too. Margaret provides yet another example of disenfranchised loss. The man she loved is no longer there, and he will never come back. She may be married, but she is really a hidden widow with silent sorrow. Stigmatized Deaths And finally there are deaths that disenfranchise. Here too the shame of the loss is so great that grievers, even family members, are embarrassed to admit loss or share grief. To share that loss with others means that they have to deal with the fears, questions and disapproval of others. Problems of Exclusion Each situation of disenfranchised grief, like any other grief, is different. Individuals will react in their own way. But disenfranchised grievers do share common problems. First, they are often excluded from caring for dying persons. As painful as it can often be, caring for a dying person can help in the experience of grieving and frequently alleviates guilt, providing opportunities for closure. It is hard to deny the reality of

death when one faces the evidence daily. He is still haunted by that absence. Second, disenfranchised grievers are often excluded from funeral rituals. But often it is unintended. It is simply that no one thinks to tell the disenfranchised or to bring them to the funeral. Helen was informed when Nora, her year-old best friend, died. It made Helen sad since Nora had often told her exactly how she wanted to be buried. Lack of Closure In many cases of disenfranchised grief there are no funeral rituals. Pet loss, divorces, abortions, sometimes even parental loss may all lack the sense of closure that a funeral ritual can offer. This exclusion is unfortunate since funeral rituals can be helpful to grievers. But again, disenfranchised grievers excluded from either planning or attending the ritual cannot derive those therapeutic benefits. Even when they do attend, they may find themselves in an awkward position. The ritual itself can be discomfoting. She did not know where to sit. Even the funeral service highlighted her isolation. What about the commandments? One thing that helps greatly in grief is sharing the loss with empathic others. Being able to talk about loss and receive help from others can be a healing process. Disenfranchised grievers experience their loss in diverse ways. Others may not know about their loss. They cannot share their pain. They may not get time off from work. Legal Difficulties Disenfranchised grievers can face other problems as well. There may be practical and legal difficulties. Disenfranchised grievers experience strong feelings that are often complicated or exacerbated by the relationship, by the type of loss or by isolation. These lead to the central paradox of disenfranchised grief: Suggestions What can you do if you are experiencing hidden loss? The first important step is to realize that wherever there has been attachment, grief is a natural and normal response to loss. Simply recognizing your grief can ease some of the isolation of disenfranchised grief. Think about the loss. If you are fortunate enough to have empathetic friends, share your feelings and reactions with them. If that is not possible, consider a self-help group or a grief counselor. Try to find ways to acknowledge the loss. If the funeral ritual was not helpful, you may consider your own private rituals. That is what Bill did. If you choose to mark the loss with your own private rituals, remember the needs of other mourners. Sylvia, for example, remembers her long-standing extramarital relationship with Ted by leaving long-stemmed roses on his grave on significant holidays. If others around you are experiencing disenfranchised grief, listen to their loss. And remember that grievers such as the very young, the developmentally disabled, the confused, the disoriented, and the distressed may not always understand or express loss in traditional ways, but that does not mean their attachments are not felt nor that their losses are not grieved. What Does the Future Hold? Experiences such as divorce and AIDS that can lead to disenfranchised grief show no signs of abating.

Chapter 6 : The 3 Most Devastating Kinds Of Loss (And How To Recover) | HuffPost

Disenfranchised grief: you may have heard this term thrown around and wondered what it is all about. We pride ourselves on breaking down the abstract into the practical and disenfranchised grief is an example of a very real, everyday experience that can sound very abstract and academic.

You have seen already in earlier units and have become even more aware of in our class discussion, the state within which exists after a loss is inherently uncertain. In this unit, we will address aspects of losses that are even more ambiguous than the norm. The grief related to these losses is likely to be disenfranchised--ignored or minimized--and this will be explored. Preliminaries Think of what the two terms we will address in this unit: As you do, write down your own answers to the following questions, and save the answers for class discussion: What do these terms mean to you and how do you view them in relation to loss and grief? What type of losses would you see as ambiguous? How would you recognize disenfranchised grief? Both of these factors have been seen to contribute to a more complicated grief experience for individuals. Why do you think this is? Readings Anthology Boss, P. Death in the family 2nd ed. Recognizing hidden sorrow pp. Unacknowledged and stigmatized losses. Also Van Reken, R. Focus on reading the stories and poetry for this class MyCemetery. Even when we do so in a more solitary fashion, we learn the "ways of grief and mourning" from others, be it our families, those who have also experienced a loss, or others in our social network. As I describe this and we discuss it in relation to ambiguous loss and disenfranchised grief, I will be using ideas from construct psychology. As social animals, we use the social world around us to confirm that our reality is the reality that others sense and are experiencing. In effect, we establish an objective reality, which we see as independent of ourselves, by confirming it with other perspective takers. The importance of this social construction can not be overemphasized. The Role of "Family" in Constructing Reality The family plays an important role in the construction of reality. Starting in infancy, our family serves as a primary source of information on how to interpret the many stimuli we encounter in our experiential world. From this point on, family members co-exists in an interactive system, confirming and disconfirming views held by each member Note that it is not necessary for this to be an active confirmation. We may passively observe others and then make assumptions about the meaning of their statements and behaviors. In fact, even though family members may not share a reality in the sense that their thoughts match, their need to believe that they hold a shared view appears to be strong. Why are you behaving so differently? This differential grieving is the norm rather than the exception, yet is difficult for many bereaved individuals to accept, as I discuss in my paper. Both their involvement and the process are not restricted to a loss situation. Ambiguous Loss At the time of a loss, people are confused and overwhelmed. The loss they have experienced may overwhelm them and their expectations about life. The situation can be made more complicated if there is ambiguity about the death. Ambiguous losses are those that lack clarity and can lead to sharply different assessments of exactly who or what has been lost. There may even be some question as to whether or not a loss has occurred, or if this is a death that should generate deep emotional response. With uncertainty about how to respond, members of the social network often do nothing. They may even avoid the bereaved because they the network members are uncomfortable with the uncertainty, or put off by intense emotions resulting from an "insignificant" loss. Infertility, which may not even be noticed by others, but, at least for infertile women, the monthly menstrual cycle acts as a painful reminder of this loss Perinatal death, in particular death during pregnancy Cases where a pregnancy has been terminated. Although most women who elect to terminate a pregnancy appear to experience relief as their primary emotion, others, especially those who terminate because of a fetal anomaly, experience grief at the death of their child. Birth mothers who give their child up for adoption often experience recurrences of deep grief long after they have given their child up. Children who were adopted describe grieving over their fantasy parent-child relationship that might have been. Couples who are struggling with infertility often describe a sense of isolation sometimes from each other. Their loss, if recognized, commonly is minimized by others "Just relax. I know someone who As we discussed earlier in this course, the grief of children is not interpreted accurately or accepted as real by adults. The death of a pet, often seen by others as

"just an animal". Yet, as we discussed earlier in this class, this may be a particularly significant loss for a child or an elderly person. Losses that are so "large" that they overwhelm the imaginations of others, such as suicide or murder. Such a loss overwhelms everyone involved, but the tragedy is that this is a time when the bereaved most need their loss recognized and, at the same time, the time when their social network is most likely to avoid any and all discussion of the person who has been lost. The death of an ex-spouse or a lover. AIDS deaths certainly are socially ambiguous. Questions about "deserving and undeserving" victims of the disease and the legitimacy of seeing the bereaved partner of a gay victim of the disease as a "bereaved spouse" are examples of the uncertainty related to these deaths. Phantom losses, which are losses that occurred before you were born or had the opportunity to meet the person, but have a significant effect on your life, like the death of a grandmother before your birth or the death of a father-in-law before you met your spouse. Finally, a curious ambiguity surrounds multiple losses, particularly if they are serial losses, taking place over a period of time. The bereaved may come to be seen by others as "marked" or "cursed" or may feel they are seen this way by others. Other losses, not those to death, can be experienced as ambiguous ones. Included in such a list would be: When an illness or condition is invisible but disabling e. What has been viewed as burnout may, in fact, be unresolved grief at ambiguous loss. Children often experience, but even adults can experience grief at moving to a new home, in a new community, because there are so many small losses related to the loss of feeling anchored in a community. Mental illness and having a loved one with mental illness, which may involve a cycling between periods of relatively typical functioning interspersed with periods of serious to profound recurrence of the mental illness. An important factor in the resolution of grief is social support from others. The bereaved need support, not only for the reality of the loss, but for the validity of their grief, and of themselves as legitimate grievers. As Fowlkes , p. Others may find providing support difficult to do, since people are more comfortable with "normal" rather than what is perceived as "abnormal" losses and grief responses. Thus, an ambiguous loss may be experienced as irreconcilable. This may, in turn, lead to disenfranchised grief, which will be discussed later in this "lecture. Boundary Ambiguity Another way to approach ambiguity in losses is detailed in the article you read that was written by Pauline Boss. Using a family systems approach, she proposed that a "lack of clarity about the loss of a family member generates confusion and conflict about who is in and who is out of the system. The higher the boundary ambiguity in the family system, the greater the helplessness low mastery and the greater the likelihood of individual and family dysfunction depression and conflict. In the short run, family boundary ambiguity may not be dysfunctional. If a high degree of family boundary ambiguity persists over time, the family system is at risk for becoming highly stressed and subsequently dysfunctional. Families in varying cultural contexts differ in how they perceive their family boundaries -- even after similar events of loss or separation. Disenfranchised Grief Disenfranchised grief is the result of a loss for which they do not have a socially recognized right, role or capacity to grieve. These socially ambiguous losses are not or cannot be openly mourned, or socially supported. Essentially, this is grief that is restricted by "grieving rules" ascribed by the culture and society. The bereaved may not publicly grieve because, somehow, some element or elements of the loss prevent a public recognition. Disenfranchised grief occurs in three primary ways. You may note that some of the examples also were noted under ambiguous losses: The relationship is not socially recognized. The relationship is not based on recognizable kin ties the death of a friend , may not be publicly recognized or socially sanctioned, a partner in a gay or lesbian relationship , the relationship exists primarily in the past ex-spouse The loss is not socially recognized or is hidden from others. Not socially recognized losses include perinatal losses. Hidden losses include abortion politicization of loss , the loss of pet fear of ridicule , and losses that result from causes other than death. The griever is not socially recognized. This may include those who are not socially defined as capable of grief: Circumstances of the death or deaths that contribute to stigma and negative judgement by others. Forms of death that at least appear to have an element of choice or poor decision-making would fall into this category. Suicide, abortion, death as a result of AIDS, and fatal drug overdose are all examples of this contributor to disenfranchisement. The ways individuals grieve. Essentially, there is an underlying theme here of stigma or "invisibility" tied to the loss. Because of the lack of social recognition, disenfranchised grief is a hidden grief and this "hiddenness" can paradoxically increase the

reaction to loss. There can be an intensify emotional reactions. Rituals may be absent or the griever may be excluded from rituals. The reduced or absent social support promotes a sense of generalized isolation on the part of the griever. Similarly, Hocker described this form of grief, referring to it as unsanctioned and unrecognized grief and identifying the following characteristics: Social stigma embarrassment on the part of the bereaved because loss is unsanctioned secrecy these provide a means to express cultural beliefs and values communal celebration, recognition funeral rituals are one of these Grief not expressed at the proper time emotions are restrained, stifled and frustrated grief is delayed because of hostile reactions to its expression Economic and legal problems financial pressures resulting from loss that is not a legal one e. Seeland proposed that this hidden grief can lead to incomplete resolution of the tasks Worden outlined and which we covered in Unit 1. There may be delayed grief reactions where new grief may build on or trigger old, unresolved grief responses. This may result in chronic grief reaction where grief is never resolved, life becomes stagnant, and new emotional growth cannot take place. Grief reactions may be masked, and grief may express itself in a variety of physical, psychological, or behavioral manifestations.

Chapter 7 : Unit 9 -- Ambiguous Loss and Disenfranchised Grief

Home Page for the band Ten Story Love. Audio clips, news, bios, lyrics, photos, reviews, links, schedules, dates everything you ever wanted to know about Ten Story Love.

Login A Grief Support Blog This blog will allow you the opportunity to acquire both support and guidance after experiencing a significant loss. We see this applied to economic factors, food groups, financial expenses and even reasons to select a home or automobile. The number of issues for which rating hierarchies are established is endless. But there are some things, such as the grief related to any emotional loss, which should never be treated in this way. Sadly, most us have heard a griever sharing the story of the emotional pain of their loss, only to hear a second person interject that their personal loss was so much worse. The genesis of this term Dr. He was discussing the grief of widowhood with his graduate students. One of those students commented the grief she experienced when her ex-husband died was not even recognized. They had been high school sweethearts and divorced after 25 years of marriage when she discovered he was having an affair with one of her friends. While that breakup had been bitter, they still had a long history together and shared children. What, exactly, is grief? One of the biggest issues that many grievers face is in having the emotional pain that they are experiencing not even recognized as grief. More often than not, people think of grief as just relating to death. In truth, we can experience grief for any number of reasons. There are many published definitions of the word grief. So, what is grief? He adds that sometimes it involves reaching out to someone who has never been there as well. It may be related to a death that others may not see as emotionally significant. It may relate to the breakup of a marriage, relationship or friendship. It can relate to our emotional response to a change in someone we may have never met. It might be the loss of a pet, a home or a job. It can even relate to abuse or a personal assault on our body. The list of things we might grieve is endless. Rather than simply creating a new term to describe the things that can be emotionally impactful, it would be far better if we simply expanded that establish mindset about what grief really is. If anything, trying to apply different terms only add to the confusion and conflicting feelings a griever is experiencing. At best, terminology only provides a label to define the problem, but does nothing to solve it! Taking action to move beyond the pain of loss Many grievers suffer in silence. This is because friends and family, who actually recognize that they are in pain, have no idea of how to really help. Dealing with emotions is often a challenge since they are not something that can be easily defined. Each person is different and each grieving situation is unique, meaning that there is no singular way that everyone reacts to any loss. Recovery from the emotional pain of any loss is dependent on the griever recognizing that how they are dealing with that pain, is not helping them feel better, and their choice to actually elect to select a different plan of action. The Grief Recovery Method is a proven action plan that adapts to each individual and their unique situation. Recovery from any loss is not about learning how to bury that pain inside, but rather how to effectively put voice behind those feelings to move beyond the hold of that pain. Many years ago, before I became involved in helping other grievers move beyond their losses, I was a griever myself. The best thing that I ever did for myself was to find a useful mechanism to deal with all of the grieving issues I had experienced. That approach was and still is The Grief Recovery Method. I find that I still use these same principals, which I learned so many years ago, on a daily basis so that I never let grief hold me hostage again. This is an action plan that works. While grief may be defined with a variety of labels, your success in moving beyond its hold is entirely dependent on you taking action for yourself!

Chapter 8 : Coping With Hidden Sorrow - The Latest News - Grief Healing Discussion Groups

A year-old minibus driver was on Friday evening taken into Police custody after his year-old lover was found dead in his Westminster, West Bank Demerara home. The woman, Rosemary Rudder, of Eccles Old Road, East Bank Demerara, is suspected to have been strangled to death by her ex-lover with whom she had an argument.

He defined disenfranchised grief "as grief that persons experience when they incur a loss that is not or cannot be openly acknowledged, socially sanctioned or publically mourned. Doka writes that an individual may have an intense personal experience of loss, that loss may not be validated by society or family or friends, or surrounding society. Individuals in this situation are not offered "the rights of the grieving role" such as a claim to social sympathy and support, or such compensations as time off from work on diminution of social responsibilities. There may be conflict for disenfranchised grievers with either informal cultural expectations about how grief can be expressed and even more formal corporate policies which stipulate bereavement leave to certain situations and laws over stipulating who controls the remains, or funeral rituals. So grief over a loss may not be culturally or externally validated, and if an individual has internalized societal norms about which loss can be grieved and how it can be grieved, and then finds him or herself grieving a loss not formally sanctioned, there can be psychic pain internally including guilt or shame. Types of Disenfranchised Grief 1. The relationship is not recognized based on kin ties. The closeness of the ties of a lover, friend, neighbors, foster parents, colleagues, inlaws, stepparents and stepchildren, caregivers, counselors, coworkers, and roommates may be close, but not given public permission to publicly grieve a loss. This kind of situation may also include nontraditional relationships such as extramarital affairs, cohabitation, and homosexual relationships. The loss is not acknowledged. The loss for the bereaved is not socially defined as significant. For example, a teen with aspirations for a professional athletic career may be cut from the team. That kid should have someone to talk to about his loss. Someone disabled who loses his ability to earn a living will grieve, and someone involved in a scandal who loses their reputation will grieve. The griever is excluded. This might include the grief of the very young or very old, or the mentally disabled. Circumstances of the death. The way in individual grieves. Can you be too stoic or wail too much? Of course, Problems of Disenfranchised Grief Because of the issues outlined above, disenfranchised grief is often done privately, because of limited access to socially relevant resources. In the case of death, the mourner may be excluded from caring for the dying, or excluded from funeral rituals, attending them or planning them. In the case of divorce, separation, or significant change in another individual or relationship, grieving rituals may be lacking altogether. Disenfranchised grief is treated as any other form of grief. When I am doing my anger management program, where we do the trust building and even the accountability part, I touch on my losses as a child, some of which were over a half century ago, and still are painful. If I display the sorrow I felt, it gives the participants in my group freedom to talk about their own losses. We can move very quickly into a rather deep and cathartic healing experience. Routinely the people who see themselves as victims prior to coming to the anger management workshop come to understand that pain and loss are part of the human experience, and they are not alone in their experience, and that others may have significant loss also. So the usual rules for group work apply, set and setting are very important, clear and well stated rules, and appropriate modeling are important in the working through of grief, whether disenfranchised or not. When I was beginning my personal growth journey, a wise person told me that when I was feeling resentful or afraid or sad, that I should remember the phrase "gratitude is the attitude" when I was ready to feel better. That phrase has helped me feel better tens of thousands of times. Would you share what you are most grateful for? Your story could be just what another person is searching for to renew themselves? Your story will appear on a Web page exactly the way you enter it here. You can wrap a word in square brackets to make it appear bold. For example [my story] would show as my story on the Web page containing your story. Since most people scan Web pages, include your best thoughts in your first paragraph. Upload Pictures or Graphics optional [? Click the button and find it on your computer.

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As stated is for the Home Style Books book of the month club. Today there was a \$ charge on my bank account and I have not ordered anything in this amount from the book club. I have tried to return 2 books I received and did not want.