



**Renovating and Remodeling:
Moving Beyond Just Coping
and Surviving**

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TAPS Advisory Board Member

August 9, 2022



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**“Renovating and Remodeling:
Moving beyond just coping and surviving.”**

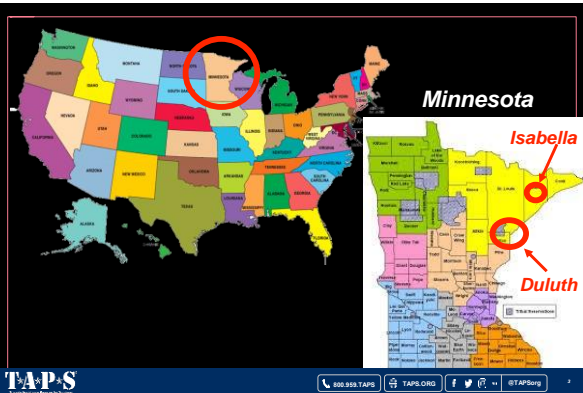
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Our place in the woods!!!

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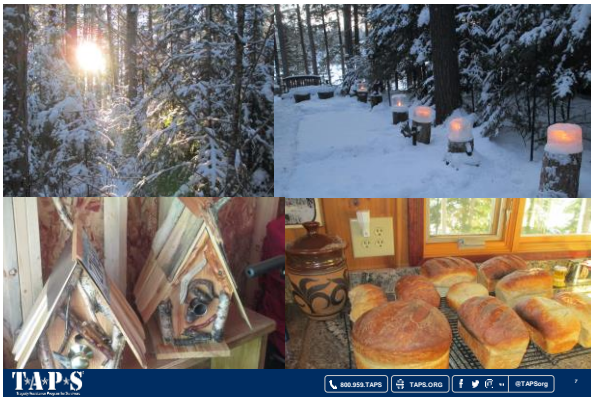
*Where we live in Northern MN...
in the woods
on a small lake.*

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Objectives

1. Describe the difference between **"renovating and remodeling"** after a loss.
2. Describe **"active grief"** versus **"passive grief"** when remodeling.
3. Describe steps needed to **"rebuild one's life."**

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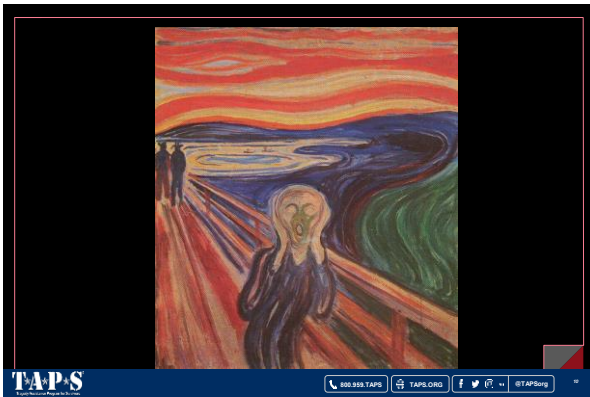
Memory - Perception - Expectation

From what I have said it is abundantly clear that neither the future or the past exist... It might be correct to say that there are three times, a present of past things, a present of present things and a present of future things. Such different times exist in the mind, but nowhere else that I can see.

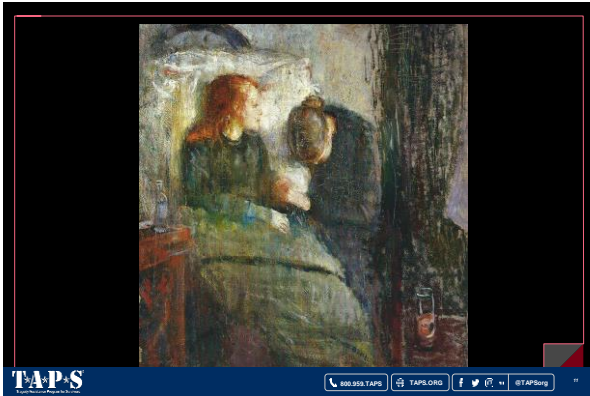
The present of past things is the memory; the present of present things is direct perception; and the present of future things is expectations.

St. Augustine

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Four different types of losses...

First.....

Loss of Possessions

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Four different types of losses...

Second.....

Loss of Self

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Losses associated with our "Sense of Self"

| | |
|--------------------------------|-----------------------------|
| Health | Spiritual/Religious loss |
| Roles...job/parent, etc. | Meaning and Purpose |
| Physicality | Who WAS I before? |
| Abilities | Who am I becoming? |
| Loss of future/dreams/hopes | |
| Independence versus Dependence | |
| Self-esteem | ◆ Losses throughout: |
| Intimacy | ➔ <i>Past</i> |
| Cultural losses | ➔ <i>Present</i> |
| | ➔ <i>Future</i> |

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Four different types of losses...

Third.....

Developmental Loss

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Four different types of losses...

Developmental Loss

↑ (Positive events) How Old
are you
today?

0 ↓ (Negative events)

Birth

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Four different types of losses...


Fourth.....

Loss of Significant Others

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Tools in the toolbox

It's not the event that's important, but rather, **how did you cope?**




Coping tools

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"Windows in time"

(We never see the world in the same way when we look back).....we are **ALWAYS** looking at the world through new lenses.
"Generational lenses."
 Ben Wolfe



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Chinese Symbol for Crisis - Has two meanings.....



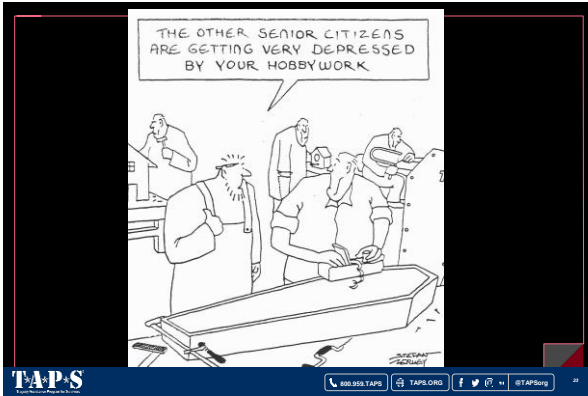
Danger and Opportunity

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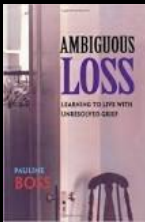
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Ambiguous Loss

*"Ambiguous loss is a loss that occurs **without closure or understanding**. This kind of loss leaves a person searching for answers, and thus complicates and delays the process of grieving, and often results in unresolved grief."*

Pauline Boss



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Pauline describe "Ambiguous loss" in two different ways.

First:
"The person is physically **NOT** present, but emotionally here."

Second:
"The person **IS** physically present, but emotionally **NOT** here."

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What's the difference???

A **renovation** means you are (updating an existing structure with **cosmetic changes**), whereas a **remodel** (involves changing the structure through **demolition and construction**.)

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OK... What do you think??? Which one is which???

Renovate or Remodel??

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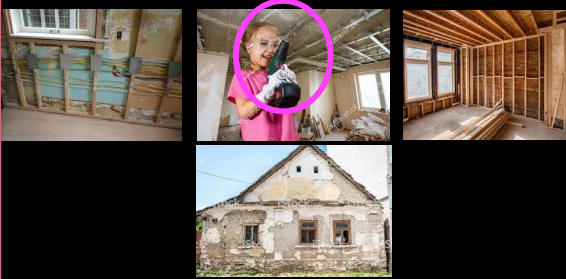
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OK... What do you think??? What needs to be done?
Renovate or Remodel??

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OK... What do you think??? What needs to be done?
Renovate or Remodel??

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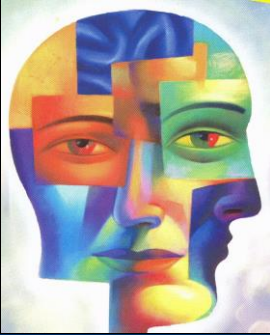
Most minor cosmetic work for a **“renovation”** can be done quickly and on a budget.

CONSTRUCTION ZONE

The bigger changes of a **“remodel”**, on the other hand, tend to be more expensive.

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“The longest journey is the journey inward.”

U.S. Secretary General
Dag Hammerskjold


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After any type of loss.....

How do you move from **coping** and **surviving**, to being **transformed** and **thriving**???

How do you take the **first step**?




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If **remodeling** (involves changing the structure through **demolition and construction**.)

First.....




What are, for **YOU**.....**the parts of YOUR life that you feel need to be remodeled?**

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Icebergs....and the rest of the story!!!!



“What you see is not always Obvious!”

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What do you see above the surface?

Male/Female? Age? Skin color? Culture?
 What are they wearing? (clothes, jewelry, etc.)
 Disabilities? Glasses? Hearing aid?
 Color of hair/hair style? Religious symbols?
 Physical stature? (tall/short/overweight, etc?)
 Facial expression? (happy/sad/angry/etc.?)
 Tattoos? Social support (with people/alone?)
 Do they speak your language?

WHAT ELSE DO YOU SEE?????

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What don't we see about YOU BELOW the surface?



Your health status? Losses in **your** life? Crises? How have **you** responded (coped) with previous crises? **What of your values/beliefs/goals?** **Your social support?** Are **you** working or not working? **Financial concerns?** **Family history/? Cultural concerns?** **Spiritual or religious concerns?** **Alcohol or chemical abuse?** **Incarceration previously? History of suicide in your family?** **On medication currently or previously?** **Etc., Etc., Etc., Etc.**

WHAT ELSE DON'T WE SEE?????

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Family

How do **YOU**.....
Define the word family?

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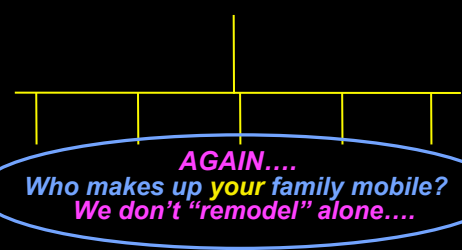
What is a **mobile**?



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Who makes up **your** family mobile?



AGAIN....
Who makes up **your** family mobile?
We don't "remodel" alone....

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Wolfe family mobile

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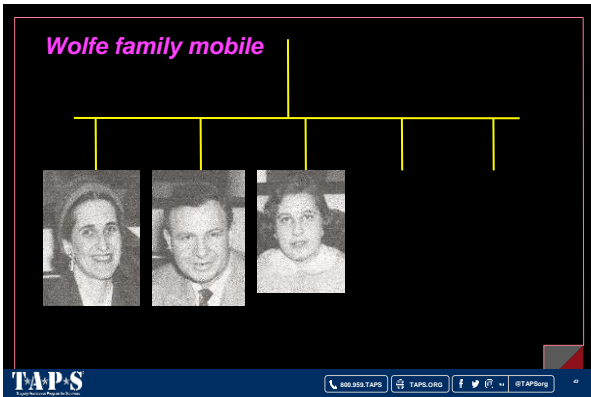
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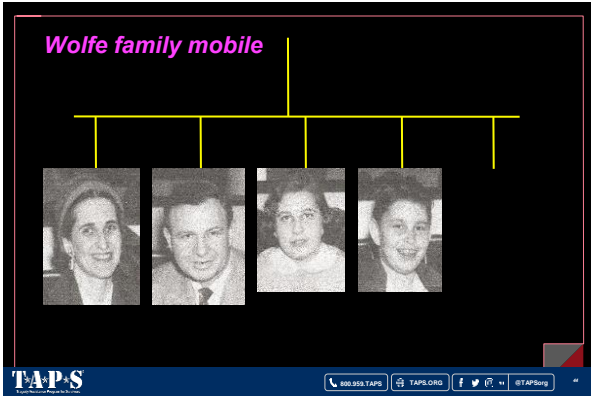
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*What if this was **your** family mobile and it was your loved one who died?*

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Relearning the world

- We Relearn Our Physical Surroundings.
- *We Relearn Our Relationships with Fellow Survivors.*
- *We Relearn Our selves.*
- We Relearn Our Places in Space and Time.
- We Relearn Our Spiritual Places in the World.

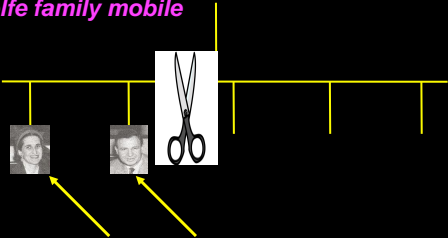


(How We Grieve: Relearning the World, by Tom Attig, Oxford Press, N.Y. 1996.)

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Wolfe family mobile




And....we continue to ask ourselves....
"What is NOW our NEW relationship with the person(s) who died?"

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A **cairn** is a man-made pile (or stack) of stones raised for a purpose, usually as a marker or as a *burial mound*. The word cairn comes from the *Scottish Gaelic*: càrn [*k'ha:rny*].



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Inukshuks ("in-ook-shooks")

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Inuit people of the Arctic...Alaska

Stone monuments erected in the image of humans. **One of their purposes was to communicate direction in the harsh and desolate Arctic.** As such they were a tool for survival, and symbolic of the the unselfish acts of a nomadic people - the Inuit - **who built them as signposts to make the way easier and safer for those who followed.**

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Inukshuks
("ee-nook-shooks")

Our families, like the Inukshuks after being knocked over, **need to, and DO rebuild once again.**

.....See grief as an **ACTIVE process...NOT Passive.**

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*"In recognizing life's worth, survivors become **actively** engaged through new choices and commitments that create renewed meaning in their lives. **In essence, they have moved from concerns about the meaning of life to the creation of meaning in life.**"*

Janoff-Bulman, Ronnie., (2004). Posttraumatic Growth: Three explanatory models. *Psychological Inquiry*, 15, 3—34.

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“Everything always looks impossible for the people who never try anything.”

In March 1990, Will Steger completed what no man had ever before attempted: it was the first transverse of Antarctica by dogsled and ski, a 4000-mile, seven-month adventure.

Jean-Louie Etienne, 43 year old who travelled with Will Steger on the South Pole Antarctic Dog Sled Adventure.

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The Five Things We Cannot Change...

1. Everything changes and ends.

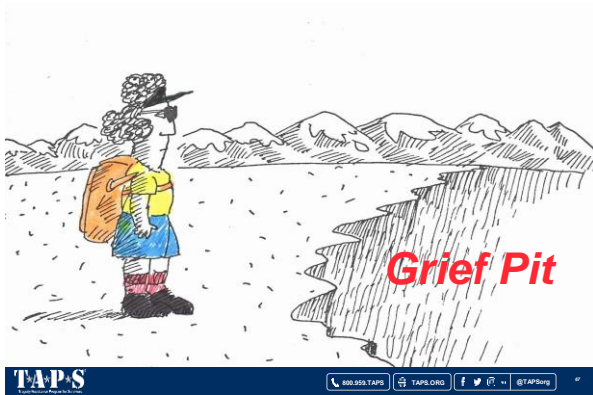
David Richo, Ph.D. *The Five Things We Cannot Change... and the Happiness We find by Embracing Them.* Shambhala (2005).

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The Five Things We Cannot Change...

- 1. Everything** changes and ends.
- Things do not **always** go according to plan.

David Richo, Ph.D. *The Five Things We Cannot Change...and the Happiness We find by Embracing Them.* Shambhala (2005).

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The Five Things We Cannot Change...

- 1. Everything** changes and ends.
- Things do not **always** go according to plan.
- 3. Life** is not always fair.

David Richo, Ph.D. *The Five Things We Cannot Change...and the Happiness We find by Embracing Them.* Shambhala (2005).

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The Five Things We Cannot Change...

1. **Everything** changes and ends.
2. Things do not **always** go according to plan.
3. **Life** is not always fair.
4. **Pain** is part of life.
5. People are not loving and loyal **all the time**.

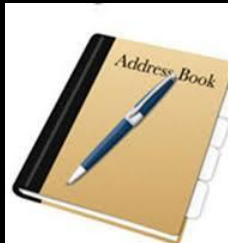
David Richo, Ph.D. *The Five Things We Cannot Change...and the Happiness We find by Embracing Them.* Shambhala (2005).



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"Crises, Loss and Death re-writes your address book."



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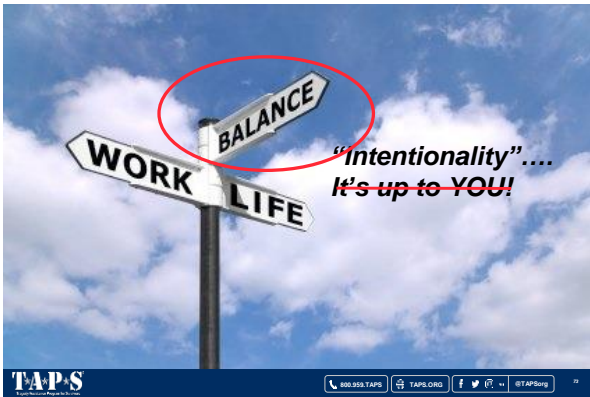
Remember, **Renovating.. AND Remodeling...** you can either hold on to what you have, or **let go for something new.**

Take some chances!



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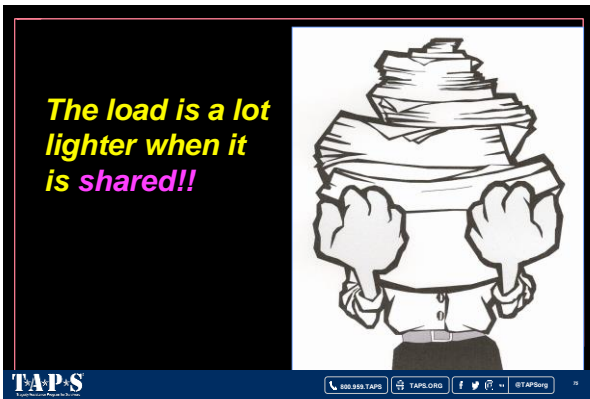
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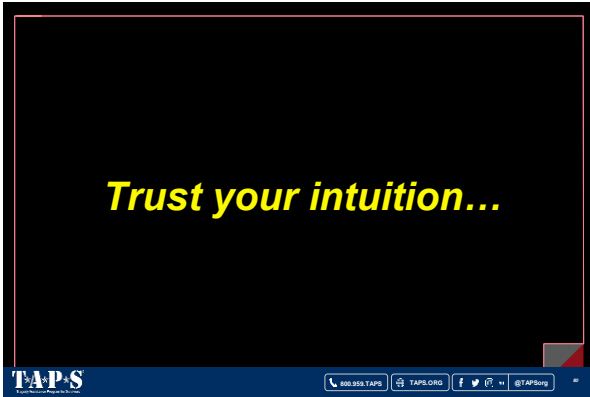


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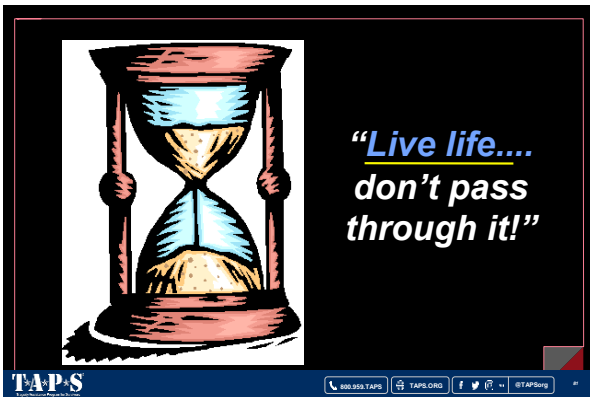
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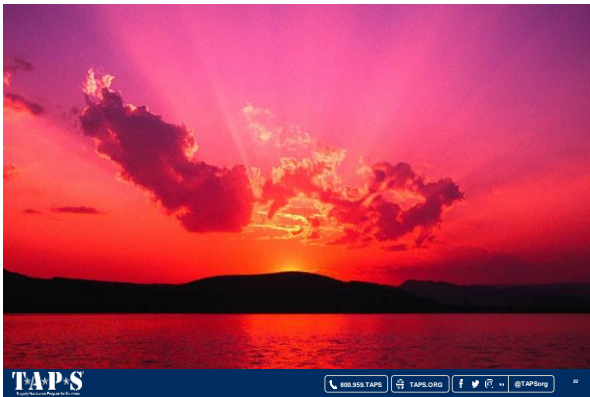
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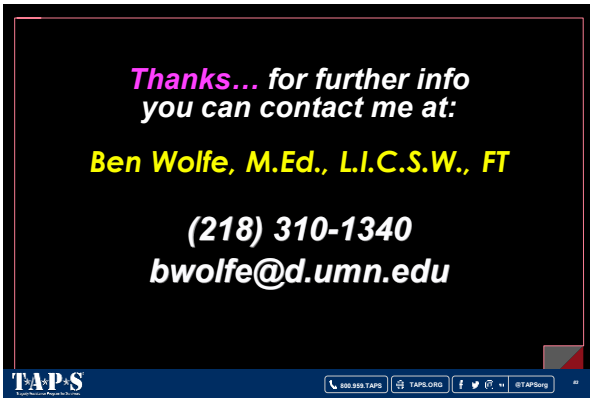
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Upcoming TAPS Institute Programs

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August 23 Helping Grieving Children and Teens Cope with Difficult Emotions
Live Webinar, Noon-1:30 pm ET; 1.5 CE hours available
Pamela Gabbay, EdD, FT, TAPS Advisory Board Member
Andy McNeil, MA, Senior Advisor, TAPS Youth Programs
- 

August 30 TAPS Policy & Legislative Advocacy Update
Live Webinar, Noon-1:00 pm ET
Candace Wheeler, TAPS Director of Policy
Ashlynn Haycock, Deputy Director, TAPS Policy and Legislation
- 

September 6 Back to School, Back to Work: Returning to Routine when Nothing is Routine
Live Webinar, Noon-1:00 pm ET
Rachel Kodanaz, TAPS Advisory Board Member
- 

September 20 Choosing Wellness
Live Webinar, Noon-1:00 pm ET
Eileen O'Grady, PhD

Visit taps.org/institute to learn more and RSVP!



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About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



