

Naming the loss, and meeting it

A loss cannot be won or proven closed. It settles by being met.

BEFORE THE WORK, STEADY THE BODY

Grief cannot be met while your system is in alarm. If fear is firing, or anger is still hot, the grief cannot come through, because a body braced for threat cannot soften enough to feel what is underneath. This is why people so often stay in the anger: it is more bearable than the grief below it, and it keeps the grief at bay. So before you turn toward a loss, bring the body down first, until the alarm eases. Only then is there room. Reaching for the grief while still braced is like trying to open your hand while making a fist.

1. What is the loss, said plainly? Not the injury, not who is to blame. The thing that is gone. For example: "I lost the family I thought we would be." "I lost years I can't get back." "I lost being believed."

2. Have I been trying to win this loss instead of grieve it? How? Building a case, waiting to be vindicated, going over the proof?

3. Which way of sealing it fits this loss right now? Write it, record what I gave, draw the boundary, tell someone, or bring in a practitioner?

4. One way I will let this be met this week, by someone else or by myself, gently.



The expired injury: when the one who hurt you is the one helping you now

THE IDEA THIS PAGE RESTS ON

An injury settles when the energy moves out and the boundary is restored. A childhood boundary cannot be restored backward, and a boundary that would cost you help you depend on cannot be enforced forward. An injury that cannot complete in either direction has expired into a loss. It is grieved, not fought, and the new boundary is drawn inside you.

1. The help I am receiving, or my children are receiving, and who it comes from.

2. The old injury, said plainly. What line was crossed, and when?

3. The two tests. Can the boundary be restored backward? Could I enforce it today without losing the help? If both answers are no, this injury has expired into a loss.

4. What was actually lost? The childhood where the line was kept, the parent who should have kept it, the version of now where the help comes clean. Name yours.

5. The inside boundary. What is accepting the help allowed to mean, and what does it not mean? For example: taking it is not a verdict that it never happened, not forgiveness, not permission.

6. My containers. Which topics stay closed, how long a visit runs, what I no longer explain.
