

5.7.1 Reconciling Your Grief

You may have heard – indeed, you may believe – that your grief journey will end when you resolve, or recover from, your grief. But your journey will never end. People do not “get over” grief.

Reconciliation is a term that may be more appropriate for what occurs as the mourner works to integrate the new reality of moving forward in life without the physical presence of the person who died. With reconciliation comes a renewed sense of energy and confidence, an ability to fully acknowledge the reality of the death and a capacity to become reinvolved in the activities of living.

In reconciliation, the sharp, ever-present pain of grief gives rise to a renewed sense of meaning and purpose. Your feelings of loss will not completely disappear, yet they will soften, and the intense pangs of grief will become less frequent. Hope for a continued life will emerge as you are able to make commitments to the future, realizing that the person who died will never be forgotten yet knowing that your life can and will move forward.

Reference

Excerpt: [Six Needs of Reconciliation For The Mourner](#)

Disclaimer: Source Accuracy

You are welcome to download and save a local copy of this document in the Word and/or PDF formats provided. As the POGO Satellite Manual is subject to ongoing revisions and updates by POGO, we recommend you regularly check the online version posted at <https://www.pogo.ca/satellite-manual/> to ensure you have the most up-to-date content. In the event of any inconsistency between the content of a local copy and the online version of the POGO Satellite Manual, the content of the online version shall be considered correct. Please see also the [POGO Satellite Manual Disclaimer](#).

Record of Updates

Version Number	Date of Effect	Summary of Revisions
1	8/24/2021	<ul style="list-style-type: none"> Original version posted.

