

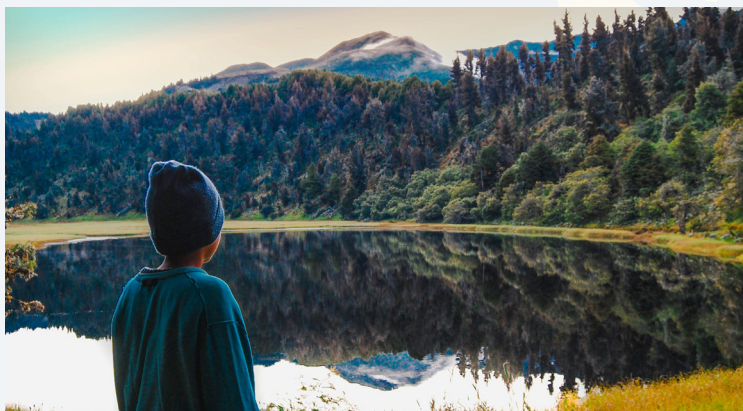
CAROLINA CARING CENTER FOR GRIEF AND HEALING

May / June 2026

“Getting Through” Grief

by Charles A. Corr

People often talk about “getting through grief”. For example, Michael asked the hospice bereavement counselor what was the best way to “get through” his grief following the death of



his beloved mother. He said, “I didn’t really realize how much her death would upset my life. Of course, I knew I loved her, and I would be sad. But this has really thrown me for a loop. I feel like I just have to find some way to get through all of this mess.”

The counselor said, “There are two possible meanings to ‘getting through grief’. If you try to think of where you are right now and where you need to be in these two different ways, it might help you know what to do.”

“For example,” she continued, “you might think of grief like a brief thunderstorm, that will make you view your current experiences as a temporary event, one that you will ‘get through’ in a little while and come out the other side basically unchanged.” In this view, loss and grief can have strong impacts on us, but they are basically short-lived. This is not a wrong way of thinking about grief. In fact, it is not incorrect insofar as we do try to cope with and adapt to our losses and our grief reactions to those losses. Most public mourning rituals are meant to help us engage with loss and grief in these ways.

Continued On Back.

Grief support is open to anyone experiencing grief. For more information or to register, call 828.466.0466 ext. 3201, visit carolinacaring.org/support/, or email wspurling@carolinacaring.org.

Good Mourning Coffee - In Person - Monthly
Wed., May 13th & Wed., June 10th | 9:00-10:00am
Panera Bread - 2250 US Hwy 70 SE, Hickory, NC

Brighter Days Camps - In Person - 2 Options
For Young Campers Ages 5-16
Tuesday, June 16th | 9:00am-1:00pm
Rising Hope Farms - 3775 Bethany Church Rd
Claremont, NC
RSVP by Friday, June 5th.

Thursday, June 25th | 9:00am-1:00pm
McGalliard Falls Park - 1400 Falls Rd NW, Valdese, NC
RSVP by Monday, June 15th.

Remade With Love - In Person - 4 Options
Monday, May 11th | 2:00-3:30pm
Carolina Caring Office - 2240 Remount Rd
Gastonia, NC
RSVP by Wednesday, May 6th.

Monday, May 18th | 10:00-11:30am
The Tilted Map - 318 Bouchelle St, Morganton, NC
RSVP by Wednesday, May 13th.

Tuesday, May 19th | 2:00-3:30pm
Carolina Caring - 3975 Robinson Rd, Newton, NC
RSVP by Wednesday, May 13th.

Tuesday, May 26th | 5:30-7:00pm
Carolina Caring Huntersville Clinic - 9735 Kincey Ave
Suite 202, Huntersville, NC
RSVP by Thursday, May 21st.



3975 Robinson Road
Newton, NC 28658
828.466.0466
CarolinaCaring.org

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However, the death of a significant person in our lives also has long-term effects that we don't "get through" in the same way. Here, when our grief journey goes well, we adjust our lives to take into account the absence of the physical presence of the deceased. We are different from who we were previously as a result of the ways the death impacts and changes our lives. We can continue to love the person who died, but not in the same ways we loved that person previously. We can cherish the memory of that person and honor his or her legacy, but we do so while realizing that he or she has died.

So, we don't "get through" the long-term aftermath of a death in the same way as we might do in the short term. We are never finished or completely through with such an important relationship, nor would we wish to be. We're not overwhelmed with grief, but we restructure our relationship with the person who died, and we continue to make adjustments as we appreciate, often in new and more meaningful ways, what they meant to us and what they continue to mean to us. We are never completely "through", done, or finished with these ongoing long-term adjustments.

– Charles A. Corr, PhD, formerly chaired the International Work Group on Death, Dying and Bereavement and is recipient of the 2020 Lifetime Achievement Award from the Association for Death Education and Counseling.