Grief is a noun.
Grieving is a verb – it's something you do.

Shea Darian



Grief is a given. Grieving is a life skill.

Grief is the pain you experience from loss or unwanted change – death, broken relationships, illness, trauma, loss of a job or home, changes in identity, aging, and more.

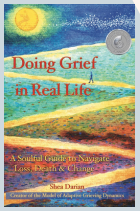
Grieving is how you respond to your grief.

And how you grieve matters.

Adaptive grieving is responding to grief in ways that help you to ease, live with, and heal your grief-related pain. The Compass of Adaptive Grieving offers you a sense of direction as you discover the healing path that's right for you.

We all experience grieving differently.

Discover what works for you.



Doing Grief in Real Life
A Soulful Guide to Navigate Loss, Death & Change
by Shea Darian
Nautilus & IPPY Book Awards

Origins of the Compass of Adaptive Grieving:
Darian, C. D. B. (2014). "A New Mourning: Synthesizing an Interactive Model of Adaptive Grieving Dynamics." *Illness, Crisis & Loss*, 22(3), 195–235.

Doing Grief®

Our Mission

Uplifting people with a new approach to grieve & heal in their own way.

602-419-4043
Connect@DoingGrief.org
Visit DoingGrief.org

Doing Grief

An uplifting approach to

Grieving Your Way

The Model of Adaptive Grieving Dynamics



A Compass for Navigating Grief

Is There a "Right" Way to Grieve?

We're given many ideas about how we're supposed to grieve—from counselors, care providers, and well-meaning loved ones.

For decades, we have been taught that grief unfolds in stages or phases. That there are grieving tasks we are supposed to complete one by one, or predictable emotions and behaviors we should experience – until our grief gradually fades.

No wonder we find ourselves asking:

- Am I grieving the right way?
- Why don't I feel the way I'm supposed to?
- Why am I okay one day and hurting the next?
- Why do I sometimes want to completely ignore my grief?
- Why do I feel guilty when I laugh, have fun, or enjoy myself?
- When will this pain ever end?

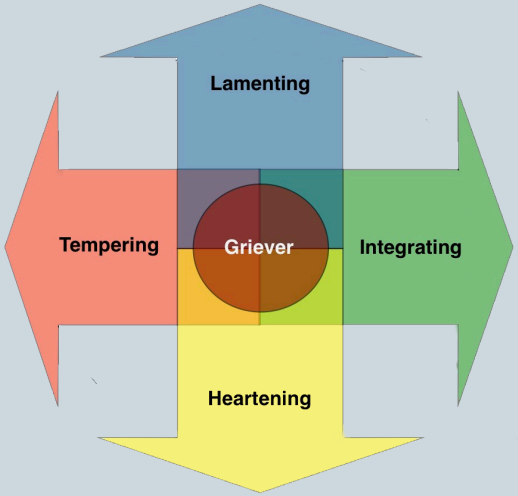


The Compass of Adaptive Grieving

A New Way to Understand Grieving

Instead of asking, "What stage am I in?" or "What am I supposed to feel?" you can ask:

- **What am I experiencing?**
- **What do I need?**
- **What might help right now?**



Created by Shea Darian

Lamenting · Heartening · Tempering · Integrating

The four directions are not stages to move through or tasks to complete. Each offers its own way to ease, live with, and heal grief-related pain.

A Compass, Not a Map. A map tells you where you are supposed to go. A compass helps you figure out which direction you need to move.

There is no single route through grief. **The Compass of Adaptive Grieving helps you discover your way.**

Four Directions. Your Way.

LAMENTING
Turning toward and expressing the pain.

HEARTENING
Turning toward what nourishes, uplifts, comforts, and gives meaning.

TEMPERING
Taking a needed reprieve from the intensity of grief.

INTEGRATING
Making room for and adjusting to what has changed.

You may move in different directions as life unfolds–and sometimes in more than one at once. **The compass can help you find what you need, when you need it.**

This is Us in Four Directions

In the hit TV show *This Is Us*, Jack dies after rescuing his family from a house fire, leaving his spouse, Rebecca, and their three children to navigate life without him. Over the years, each tends toward a different grieving response: **Kate laments:** returns to her pain and guilt, believing her father died because he went back into the burning house to rescue her dog. **Kevin tempers:** escapes his suffering through distraction and, at times, addiction. **Randall heartens:** draws on his father's love and lessons to build a meaningful life and loving family. **Rebecca integrates:** helps the family make room for their loss and adapt to change. Each direction can help ease and heal the pain, but lasting healing calls for all four. By helping one another explore other directions, the family discovers a balance no one could find alone. **That's the Compass of Adaptive Grieving at work.**