

# Uncovering Seeds of PAST Losses

## MOVING BEYOND UNRESOLVED GRIEF

By Donna Haddad

No one wants to live in the past; but unfortunately the past lives in us. Past experiences and words, from infancy on, have become imprinted on our subconscious mind. Each experience has planted a seed in the vast and fertile ground of our subconscious mind. These seeds have grown and have helped form our habits, patterns and beliefs, about others, the world around us, and most importantly, ourselves.

When we experience a significant emotional loss, we grieve that loss, and the tentacles of grief burrow deep into the soil of the subconscious and stir up long forgotten insecurities and fears associated with other losses, shame, irrational guilt, or phobias. Very few things in our life will so profoundly affect our ability to achieve the joy, success, love, and abundance we desire than unresolved grief.

After any loss there are always things left unfinished and incomplete. There are always things we wish we had said or not said, things we wish we had done or not done, and dreams or plans made that now will not be realized. Grief we have felt from past losses for which there was never a satisfying resolution will accumulate and each succeeding loss will build on the one before it until we are carrying around a lifetime of unresolved grief.

To truly recover from the grief associated with past losses, begin by doing the following:

1. Try to remember and list the major

losses that you have experienced in your life and then identify and acknowledge to yourself the things that were left incomplete or unresolved after the loss. This unresolved “stuff” could be setting up roadblocks to your present happiness or success.

2. Strive to become *complete* with the things left incomplete. Do not strive for “closure.” By definition, closure means to shut out, end, or terminate, whereas, the definition of completion is to make whole, conclude, or intact. For example, if you lost a loved one, do not shut out memories of the loved one, but instead, strive to conclude your feelings of guilt, sadness, or regret so that your emotions are more intact and you can once again feel whole.

3. To become complete it is necessary to communicate any regrets, forgiveness, and significant emotional statements never communicated about the loss. If you lost a loved, or you lost an important person in your life through divorce, or a broken relationship, then perhaps there are things you never had the chance to say to them. To find completion, you must first review the relationship lost and write down all of the major experiences shared with the loved one, good and bad. Next, write a letter to the person, stating each of the things you regret, things you will forgive, and the important things you never said. This letter is not to be mailed or read to anyone. The purpose of the letter is to aid in your healing and help you move on.

4. Do not wait for time to heal your pain. Time only drives the wound deeper. Take action to heal and recover.

5. Do not stay busy to keep your mind off the painful emotions you are feeling. Feel the emotions and work through the pain.

6. Do not worry about staying strong for others. If you are feeling sadness, anger, or disappointment, it’s ok to feel those emotions and it’s ok to look like you feel. Feel it, look it, experience it, then move forward with your life.

Once you have moved beyond your grief, you can then begin to move beyond your past disappointments and perceived failures that bring fears, doubts, and frustrations that confuse and complicate your present life. GB

### About the Author

**Donna Haddad** is a Grief Recovery® Specialist, Certified Clinical Hypnotherapist, and an Inspirational Speaker who conducts workshops that guide people through and beyond loss and grief to a place of success and fulfillment. She is also the author of two books: *Looking At The World Through A Fractured Lens - Subconscious Clutter and Grief Distort Our Vision* and *Yes, You Can Have Success, Love and Abundance You Can Do It With R.E.S.P.E.C.T.* Both are available at [www.Amazon.com](http://www.Amazon.com) or [www.BarnesNoble.com](http://www.BarnesNoble.com). Donna can be contacted at [wizdomtheresa@hotmail.com](mailto:wizdomtheresa@hotmail.com).