

THE EMOTIONS OF CHANGE LOSS and HOPE

When we face change in our life circumstances, we can experience deep emotions. These are:

- happiness
- loss
- suffering

- hope

These are common and understandable feeling responses to life changing transitions.

Loss is where the happiness we enjoy in following routines, begins to fall apart. A variety of events have signalled that change is required and we are being challenged to let go of the routine that has worked to maintain harmony and stability.

WITH LOSS THERE IS CHANGE

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We naturally want to retain our equilibrium, because that is what is familiar and makes us feel secure, but we are forced to experience the loss.

The hard work of planning, implementing and revising life goals helps us to move on. This is often distressing and true suffering is felt through tension, stress, anxiety, worry, frustration, anger, conflict, sadness.

It is out of this suffering that hope arises.

Hope comes when our plan is working and progress can be seen. We begin to feel in control again, our goal comes into view and we have a vision of a return to "normality" of a new and different type.

Whenever change enters our life, we experience the 'emotions of change'.¹

This information is designed to assist victims and their families, but by no means should be relied on as medical advice. Victims of asbestos related diseases should consult their doctors for medical advice and also to ensure the 'above' is applicable in their specific circumstances.

As we sense that loss is coming there is often:

- anxiety
- apprehension
- worry

When loss arrives we can feel:

- sad
- irritated
- frustrated

With the experience of suffering through change, may come feelings of:

- stress
- depression
- burnout
- helplessness, or even hopelessness

It is essential to psychological and spiritual growth that we fully experience life. This includes the suffering of life, which is the living through of loss and change.

LOSS IS AN EVER PRESENT REALITY AND ACCOMPANIES MOST BIG CHANGES IN OUR LIVES. IT IS AN 'UNAVOIDABLE FIXTURE' OF LIFE' (Thompson 1988 p. 21).ⁱⁱ

Eventually hope brings a renewed energy and optimism. A revision of life's goals and expectations can bring a sense of achievement and contentment.

ⁱ www.lessonsforliving.com/wheel_of_life1.htm

ⁱⁱ THOMPSON SC (1998), Blockades to finding meaning and control. In: Harvey J (ed.), Perspectives on loss: a Sourcebook. Brunner/Mazel, Philadelphia.