Finding Hope in the Midst of Change

Our lives are constantly changing, from the time we are born to the time that we die; from the time we get up in the morning to the time we go to sleep at night. Some changes are so small we hardly notice them. Some changes are enormous and alter our lives forever. Some changes we welcome and some changes we try desperately to avoid. There are changes that are positive and changes that are negative. There are changes we have control over and some we have no control over.

You may not have been able to control what happened to your loved one, but through self examination and reflection you can choose how this loss will impact your thoughts, your feelings and your approach to life as you learn to adapt. A huge void now exists in your life. How will you cope? Do your thoughts, feelings, beliefs and plans reflect what you want for your life going forward? How can you use this experience of grief to grow your internal strengths?

Bob Mueller, Vice President of Development at Hosparus, and inspirational speaker writes:

“Most of us have come to realize that we live in an evolving world, and that change is the very essence of things. The problem for most of us occurs when (unwanted) change comes into our lives. It is hard to think of anything about us becoming different, but changes do come, and when they come, many of us feel threatened. We want to keep things as they always have been.

“When change comes into our lives let us remember to hold fast to the important values that make life worth living. Let’s remember to save the old that is worth saving. It’s thrilling to walk through a great art museum and see there the works of the masters from previous generations. Even though new art forms have come, we can continue to cherish the masterpieces of the past. The furniture that we use in our homes, for the most part, is different from what our early ancestors may have used. Yet many people cherish an antique piece of furniture. It is more valuable now that when it was first created.

“It is the same in our lives and in our characters. Our situations do change. Life is not the same, but there are certain human and spiritual values which we hold fast. In the midst of change, a strengthening and uplifting exercise we can engage in is to list the things in our lives we think are important enough to hold on to – no matter what happens. Holding onto these changeless values gives us strength when we need it the most. “

Another way to think about change is this: you can cope! You have been coping with change and growing your entire life. Your relationship with your person who died has now been changed, but it still exists. Even though they are not physically with you, there are permanent internal qualities, strengths-ways that you have been shaped by loving that person that cannot be taken away. How can you use that relationship to help yourself cope with the changes you are facing? What have you learned about yourself in your grief journey so far? Even though you feel different now, in what ways are you fundamentally the same?

Some final thoughts about change are:

You can choose how you understand and respond to change.
You can connect with your inner strengths by facing the challenges of unwanted change.