

12/31/2003 – erev vav betevet

On the 14th anniversary to Gili's Death

(vs. On the 10th anniversary (see: Grief Notes in www.gilisplace.com)

Coping differently:

- Emotionally: Pangs of pain rather than continuous / constant hurt
 - Cognitively: I distract myself now from 'death' thoughts with greater ease
 - Behaviorally - Socially: Milestone - mobilizing pain through movement – NIA, walking, dancing, exercising; Capable of expressing pain through dance and music:
 - Allowing my body to speak
 - Allowing my muscles to dance
- (Helen: until now –I exercised; now – allowing myself to be, a state of being)
- Dieting; total physical change – finding my old-new self – younger more energetic body and self images
 - New daily schedule
 - Reconnecting with life through socializing; volunteering

Explanations:

- Matured in my grieving
- Grief internalized, not an outside entity any longer but rather intertwined in the 'fabric' of my being like background 'noise'
- Different perspective of myself grieving, my grief, my relationships with Gili
- Mom's verbal Will on her death bed : "live! It's your time now!" gave me the permission I needed to start focusing on myself and live
- Mom's death and the death of my pets, freed me of responsibilities
- Shift in focus – from professional / care taker of others to personal / care of self
- Less 'worries' about Gili: She is not 'alone' since grandma is with her
- Reasons to live for:
 - prospects for a relationship with a man;
 - Jessica's birth – Shai –Rebecca;
 - Renewal in going back to school – intellectual stimulation; expansion of professional skills and new direction - Rice University;
- My spiritual search led to a broadened perspective of professional and personal purpose – a more stable balance between Inward and Outward Steps
- My professional work (clinical, publications, website, and instruction) has been rewarded by positive reactions of clients, readers, web surfers, and participants.