

THE GRIEF RESOLUTION PROCESS

1. **Think of the situation of grief** and loss (could be an object, a job as well as a person). If this is a very traumatic event you may have to do a submodality shift or the phobia cure first. Ensure the person is thinking about the positive value, the good things about what has been lost. **Identify the submodalities** of this picture (often beyond arms reach, dissociated, dark, dull or transparent). Notice **especially the location** – this is the main submodality driver.
2. Now **think of a situation of “loss” that your brain codes in a pleasant and joyful way**. This may be someone you haven’t seen for a long time – at school/college/university, friend, relative etc. It may be someone who is already dead and you still feel connected to all the good feelings. Identify the submodalities of this experience – usually closer, colourful, with movement, sound etc. Pay special attention to the **location** of this image.
3. Ask if they have **any objections** to seeing the person that’s gone in this new light, connected to them in a resourceful way. Pay attention to any objections that come up and **reframe them** before moving to the next step.
4. Now comes the “mapping across process”. **Change the submodalities of the experience of loss into those of connection**. Usually location is the main driver – you can imagine physically holding the picture of “loss” in your hand and transferring it to the location of “connection”. You will likely **notice an immediate physiological shift**. Calibrate to ensure the change has occurred prior to the next step.
5. Thinking of **all the positive qualities**, attributes, past happy events and memories of this relationship, imagine that these are all represented in some way **on a pack of cards**, each card representing a different quality. You don’t have to see them clearly, just notice the edges of the cards situated behind this new image of connection.
6. Now keeping the new image of connection safely in place, imagine these cards **streaming out into the future** – your future. And as they begin to settle in the foreground, the middle distance and out into the far future, let them turn into sparkling stars of light. And as you walk out into this new future you can **enjoy the continuing sense of connection**, spreading out to encompass others that you know, and those you’ve yet to meet.

Find out more nuances of how to use this process effectively in **Changing with NLP**