

## 1: 8 Faces of Grief

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Absent Grief Absent grief could be defined simply as no signs of grief in the bereaved person following a major bereavement. There seems to be no reaction, as if the death has not occurred at all. We sometimes mistake this in a person who is experiencing the first stage of bereavement, shock. At that stage it can look as if you are not grieving at all. When in reality it is merely that you are following the "normal" pattern of that first stage. It starts to be a concern is if this stage goes on for an extended period of time. There may be instances where the bereaved person puts their grief on hold. For example like when a mother puts aside her own sorrow to care for her children. It is not unusual for men to "be strong" for others which causes them to neglect taking care of themselves. Occasionally people who have experienced Abbreviated Grief might exhibit, what looks like, to some, as no grief at all. In their case it is more likely that they have already done much of their grieving before the actual loss of their loved one. I feel that was the case for me when my dad died. I did so much grieving while he was alive, it seemed that the grief journey was shorter after his death. Others who refuse or are unable to deal with the loss of a loved one are considered to have an absent grief reaction. Consider getting help if you start to experience the above symptoms. A good counselor can be very helpful in assisting you as you walk through your grief journey. Do not be afraid to consider grief counseling , it is not a sign of weakness but it is strength to acknowledge when you need some assistance. Return to Bereavement Home Page If you feel that you have been helped through this website and wish to help defray some of my cost of keeping this website up and running, please consider making a secure donation through paypal. You have collected all my tears and preserved them in your bottle! You have recorded every one in your book.

### 2: Mothers Day: A Time of Grief for Parents and Children

*Go ahead and grieve his loss, and grieve the death of your fantasy. But realize that you do need to love and be loved by substitute fathers, perhaps even mothers, brothers and sisters.*

My mother moved on and married again four more times, actually. My step-fathers were never really father figures and always seemed like outsiders that never really took ownership of me. Growing up as a boy, I longed to have you in my life and as I grew older I became more aware of a deep-seeded hurt and frustration. I have also noticed that the last couple of years I have not ruminated on your sins against me. This year, I made a decision that I have forgiven you—I have let it go. I sometimes wonder if other men and women with absent fathers like you have ever looked for reasons to move on. I wanted to share with you why I am choosing to move on. You were not a bad father. For years, all I could think was that you did not want me and that if you were around at least you could teach me something. You could play catch with me. You could help me figure out how to talk to the pretty girl in class. You could tell me that my first wet dream was normal. You could explain how to hide an erection in the fifth grade when I had to get up in front of class and write out a math problem on the board. The last couple of years I have seen the other side of the coin. In other words, I may have missed out on the positive aspects of having a father around, but I also missed out on the negative aspects of having a father around. I was not raised with the influence of a father that was a womanizer, an abuser, or an addict—though you may have been any or all of those things. I could draw a parallel with you being an absentee father and others who lost their fathers in accidents or wars. In short, not having a father is probably better than having a bad father. So, I choose to let your absence go. I went to Boy Scout camp-outs alone. I never had a dad on the sideline of the soccer field coaching me or cheering me on. I never got to skip school for a surprise father-son day. I worried whether I would ever be a father after our second and third miscarriages; I wondered what you would say if you were there. My conviction, my mission, to be a nurturing father fuels anger when I come across fathers who are so casual about their parenting responsibilities, so dismissive of their opportunities to connect with their children. Your absence has made my hearing very sensitive to the calling I have as an active and responsible parent. Insecurity has motivated me to push myself and find myself. Because you were not there to help figure out what it means to be a man, for a long time I questioned whether or not I was doing this man-thing right. There was a void in my identity and I was quick to compare myself to other men and either be critical of them or too hard on myself. I pushed myself to accomplish goals in spite of your absence. I was the first to graduate high school the traditional way by walking at a graduation ceremony; I was the only one to join the military; I was the first to graduate college. Over the years, I have come to the conclusion that being a man to me means the pursuit of integrity and having accountability with my relationships. In hindsight, typing these words seems ironic as I set out to be exactly what I thought I needed from you. I now realize that I was expecting something from you that you did not have to give. I am a nurturing parent and loving father. Even if I have experienced negative consequences because of your absence, I have somehow still become a successful father and family man. I did not end up poor, in prison, or on drugs, and I do not abuse my family. My son asks me why he does not know you and why you do not want to be his granddad. All I can say is that I love him and I will always be there for him; and, when he has kids, we will all play together and love each other. Having this type of relationship with my family is what really matters—not your sins against me. Why would I want to hold a grudge if all it did was take energy away from me that I could use to direct to my family? By no means am I grateful to you for being absent. And, my choice to forgive is not because I no longer feel pain, or because I am justifying your choices. I grieve that I did not have a father growing up. Sometimes, I still grieve about you not being in my life now. What I am really grieving is the loss of the father in my mind and that is the father I now try to be to my child, not the person that you actually are. That may sound harsh, but I think it is the truth. I want you to know where ever you are that I choose to let go of your sins against me, of being absent. I think it may have inadvertently made me stronger and more attentive as a man, a husband, and a father.

### 3: How an Absent Father Affects Boys and Girls Differently - Freakonomics Freakonomics

*For instance, an adult male whose father has died may have absent grief because he is preoccupied by his mother's needs. Ambiguous Sometimes a loss may not appear to be valid to others, making.*

Being a funeral celebrant was not my life ambition either, but being a minister of religion was. The two roles frequently go hand in hand. The first funeral I conducted, I led the service, played the piano, presented the eulogy and spoke the words of committal at the graveside. One of the most significant lessons I learned as I performed this role for people was that grief has many differing faces. Here are 8 faces of grief: Grief might be shortened because the attachment or connection to the deceased was not particularly strong. Absent Sometimes a person shows no evidence of grief because they have put aside their own need to grieve. Anticipatory When a person has suffered a prolonged period of illness, such as cancer or other disease, their loved ones frequently grieve in anticipation of their death. Chronic For some individuals, their grief continues to feel as intense over time as it did in the first weeks. Their ongoing grief is so painful and overwhelming that they become debilitated, experiencing prolonged agitation, suicidal thoughts or numbness. Delayed Delayed grief is grief postponed. For instance, a mother might delay her grief to care for her children; however, it is only for a time. Delayed grief eventually will be expressed. Disenfranchised In most experiences of grief, others acknowledge your loss, giving you a sense of comfort and support. Disenfranchised grief goes unnoticed and unacknowledged by others, making it an even more isolating experience. This includes experiences such as people undergoing in vitro fertilization waiting to get pregnant, miscarriage, abortion, or having the HIV virus. Journaling, drawing and talking about your experience are just some ways of processing grief. If you find yourself stuck, and your physical or mental health is declining, it is important to seek out a counselor who can help you process your experience. FT Colleen Morris B. Sci in FT is a family therapist working in private practice in Geelong, Victoria. Her practice is called Watersedgecounselling. You can contact her on or go to her website at [www.watersedgecounselling.com.au](http://www.watersedgecounselling.com.au).

### 4: Absent Father & His Daughter's Love-Life | Love Life Learning Center

*My father was absent my entire life save for a brief period in my early 20's when he and his wife tried to reach out to me and get me to know their young family.*

This post focuses on what a woman might experience with a father who is unavailable and how it might influence her adult love life. Just as with a son, a daughter needs to experience the presence and love of a stable father growing up. In a healthy father-daughter relationship, a daughter feels nurtured by her father, and acknowledged as on her way to becoming a woman. When this need for love is not met by an available loving father two things will happen: When this happens it is common for a daughter to look to boyfriends, lovers, and eventually husbands to provide the love that has been missing from her father. This need although active is usually buried in unawareness and sex can be bartered for affection and attention from men who are attracted to her. In many instances, these efforts to procure the love that was lost lead instead to disappointment, low self-esteem, and further feelings of loss. In many instances older needs for parenting love emerge somewhat later in a relationship, once the excitement and newness wear thin. There is only one chronological childhood. An adult lover cannot give the love a father was supposed to give. The semi-conscious hope is that she will take care of a lover well enough that he will be able to return the favor at some point later on. The lessons involve, understanding who men are, how they think, what they value, what they respect, and how they commit themselves in love when attracted to a woman. These lessons prepare a daughter for the task of making better choices in her love life. Frustrated love will not ignore the person who frustrates. Frustrated love seeks a way to have that person psychologically if not physically. Identifying with an unavailable father can occur in the form of picking unavailable lovers, or turning oneself into an unavailable lover or both. She is keeping unavailability alive in one form or another as an emotional tribute to her absent father and his influence on her. The worst part of all this is the misery it creates and re-creates largely due to the fact that the original feelings of grief were never resolved. You can save a child a lot of unhappiness when loss and the need to grieve that loss are taken seriously. Otherwise unresolved grief is acted-out as absence and unavailability in love relationships in some cases for a lifetime. The implications for her feeling about herself as a person and her love life are always positive. Relationship patterns of emotional mistreatment or abuse are relinquished and higher standards for love and respect are established. The accelerated psychological maturation is a joy and wonder to witness.

### 5: Letter to My Absent Father - The Good Men Project

*An engaged and loving father is the most powerful man-making force on the planet. The opposite is also true. When fathers are absent, physically or emotionally, the wound that results is profound.*

He led an exciting life, and was a prominent figure in the late Fifties and early Sixties Chelsea Set. He ran card games in London and travelled all over the world, employed in a range of extraordinary occupations, from farming avocados in Tibet to racing cars in Australia a skill he was always ready to demonstrate in our Peugeot. He would take me on trips with him. I would sit up late at night while he taught me how to play poker, told me stories about his own life and made up others, often featuring a magical character named Fairy Grimbottom. Suffice to say I loved him very much. And then, suddenly, there were just memories, with occasional complicated plans to visit him in the South of France or meet up in London for lunch, which were poor substitutes for a fully-functioning father. The inevitable misery was not helped by the fact that my amazing mother had a severe breakdown at the same time, triggered by the stress of the separation. How did it feel? Not good, as you might imagine. There was a whole range of emotions, none of them particularly pleasant, but the sense of betrayal was the most acute. I mean, how could he? To my shame, I remember feeling how much easier it would have been to cope with if only he had just died. As the years went on, my attitude towards my father only hardened. I lost all faith in a man I had once adored. I forgot the good times completely, partly because they were too painful to remember. Parent-blaming is a popular pastime among many children, and my dad got the blame for everything that went wrong in my life. I spent much of my twenties silently raging against him, filled with resentment and self-pity, regularly indicting him for my many troubles; but, ironically, I was unwilling to talk about or try to deal with it on any deep level. I was still dodging the shrinks. By the time I was in my twenties we saw each other perhaps once every two years. I was a ball of anger but, on our occasional meetings, I remained incapable of vocalising any of the aggrieved questions that constantly swarmed in my head. He was still my father. In other words, I was a mess. Occasionally I would meet other young men who were estranged from their fathers. I discovered that they were messes, too. In accordance with the Anna Karenina principle, however, we were all unhappy in our own ways. There was no sense of solidarity, especially as none of us was able to articulate what was going on – it was just buried, ignored, covered by the all-encompassing phrase: I told one of my friends in New York what I was planning to do and he replied with the immortal line: I tried to get back in touch with my dad and he ended up stealing my identity. Confronting my father about the issues I had been holding on to for all those years and hearing his side of the story was important for me. It has not been easy, and there have certainly been moments when I have wondered if there was any point, but we do see each other several times a year these days, send and receive emails, and have an almost normal relationship. Getting back in touch with a father from whom you have long been estranged is not without its risks. But, if they are alive, I would advise most children to do it. I feel now as if I have finally banished the dangerous idea that haunts so many other men who have absent fathers – namely that I am genetically doomed to repeat his destiny. I no longer wallow in self-pity and, vitally as the parent of two children myself, aged 8 and 6 with another on the way, I am able to appreciate the positive legacy he gave me. I try to treat my children like intelligent human beings, just as my own dad did. I tell them stories. I take them on trips. And I get a particular kick out of telling them the new adventures of Fairy Grimbottom.

### 6: How I Dealt With The Lingering Pain Of Having An Absent Father | MadameNoire

*Loss of an Estranged Parent 1 December Â· The loss of a parent is never an easy thing, but often the death of an estranged parent or one who has been absent from the children causes feelings that are difficult for the child to process.*

In addition, the Missing Parent may be away for lengthy periods of time because of the type of work; think of a mother or father in or employed by the military stationed overseas. The MP just cannot be as emotionally available as they were before the bio-psycho-social turning point. The MP will push you away â€” passively or aggressively â€” if you get too close to their pain or shame. Also, MPS may involve adult children of almost any age as much as youngsters and teens. Ten years ago this late 20s gentlemen left for the military. Also, his younger brother graduated high school and was spending less time at home. The father eventually remarried and there has been really no involvement with the family. In addition to not understanding her depression, he refuses to recognize that his mom, at least for the foreseeable future, will not be recapturing her former, seemingly joyful manner of living. Not surprisingly, Eric himself is becoming increasingly depressed by the visits. And, alas, he knows his mother will not seek medical assistance for her depression. Logical and Psychological a Logical. A popular suggestion was staying home and sharing Chinese delivery. At the same time, one must be aware of possible unhealthy self-denial patterns, e. And in this instance, Eric needed to own his anger fueled by unrealistic expectations of his mother. And sometimes children can be frightened by role reversal â€” when a parent becomes less functional and increasingly needy. After much back and forth with the group, the true complexity of the family entanglement began dawning on Eric. He seemed receptive about calling the EAP for guidance. In hindsight, I wish I had more specifically explored or mentioned two resources: And with this step, he has a real fighting chance to become a more realistically caring son. When MPS issues are not acknowledged, disguised or misguided battles invariably break out. And in Part II, I will do some exploration that hits close to home: And why and how, nineteen years later, opportunity arose to: Until thenâ€”Practice Safe Stress!

### 7: Loss of an Estranged Parent | [www.enganchecubano.com](http://www.enganchecubano.com)

*It's a wonderful experience to witness a woman's journey from needing the love of an absent father to finally grieving and letting go of this early loss. The implications for her feeling about herself as a person and her love life are always positive.*

I just found this post and like many of you who have posted here, I just lost a man that I have always called my "Birth Father". I was adopted by my step father when I was 11 years old and had literally no contact with my birth father until I was 41 years old I am now 52 years old. There was going to be a family get together so I made a family tree canvas and asked everyone that was at the get together to put their finger print on it. My birth father loved it so much that he asked me to make him a larger version of the tree canvas for his viewing service. I put his name, date of birth and passing date on the canvas and drove the 9 hours to his home to take the family the tree canvas that he requested. His family wife and two sons were very nice. They offered to me one of the little laminated bookmarks of my birth fathers obituary. When I read it Maybe just feeling nothing is the feeling I should have. He asked me to do him a favor for his viewing service. I fulfilled his wishes. When I asked his sons my half brothers if they knew why four of his children were not mentioned in his obituary, they said he had written it that way and they wanted to keep his wishes. Any words of wisdom I would really just like to stop thinking about this Thanks for any responses! When I was a teen I heard stories like infidelity and irresponsibility. For the first 5 years of my life I did not know what a father was. I would see him sometimes but I did not really understand who he was. Then when I was 5 my mother remarried and I grew up in a home with a great step dad. I would try to get to know my biological father several times throughout the years but I did not like him very much and I think he felt the same. I had a hard time respecting him though I always acted with respect towards him when I was in his presence. He said things to me like "your only here because your mom wanted you, I did not want anymore kids". Any type of relationship we may have had seemed like it would always have to be from my effort and never his. The last two years I got tired of the one sided nature of our weak relationship after I called him on the phone and he told me he did not know who I was. Now I am nearly 50 years old. He died a few days ago. I could have tried harder but I chose not too. I miss him even though I did not like him very much and he did not like me. I loved him but I did not like him. I am typing this to help me work through my feelings.

### 8: Absent fathers: I felt betrayed when my dad left home - Telegraph

*On the Death of My Father. A son's failure to make a connection with his father can be a source of lingering grief ,Glover argues that fathers often shape their sons most by being absent.*

Some are planning a special brunch and searching for just the right card to bestow honor and love upon their parent. Unfortunately for those parents who have lost a child the day will be one of great sadness, reflection and quiet grief. Although the day is dedicated to mothers the fathers too will experience sadness for it is actually a day that celebrates all aspects of parenting. The reminders of the day will touch siblings, grandparents and friends. There are millions of parents that have lost a child whether it was through death, adoption, failed pregnancy or as a missing person. There is little support and acknowledgment for these families. The parent child relationship never ends. A mother or father will always remain a parent regardless of the age of the child at the time of death or the reason the child is no longer present. Time may bring more sophisticated coping strategies but the absence of the loved child lingers in the heart of the parent and remains there for their entire lives. Special days evoke memories bringing them to the surface to be experienced. Friends may notice and question the source of a fleeting wistful look that sometimes presents itself. Few people will acknowledge your loss. It seems more comfortable to remain silent. Yet it is during these special days when parenthood is celebrated that the loss of a child needs to be recognized. The joy and celebration of intact families will remind the childless parent of what they are missing and grieving. When a child dies a part of the future dies. At birth there is an implied promise that the parent will protect, provide and keep the child from harm forever. There is the expectation that the child will outlive the parents. When the child dies these expectations, hopes and dreams for the child are not forgotten and the grieving will continue over time. We wonder what they would look like, how they will interact with the world, will they be successful, and what types of adventures will they have. As these milestones for parents unfold grief continues. The hopes and dreams for the child will never come to fruition. For this reason the loss of a child is also a loss of the future. The wedding gown stored away will not be worn; and the family business will not be handed down. There will be no grandchildren to dote upon and keep the family tree progressing. When a parent dies a piece of the past dies. If your mother or father has died the special celebrations of Mothers Day and Fathers Day may awaken feelings and memories of cherished loved ones, assuming a supportive and loving parental relationship. Usually there are only a few people who can describe with authority and accuracy the story of your life, those who were around us as we explored, made mistakes, and learned hard lessons. Our parents have an experience of us that is unique only to them. They watched and guided us as we developed. Your parent may have been your only cheering section, especially during those really challenging times. They may be your first experience of truly unconditional love. Parents are our first teachers. We can track our ethics, values, and opinions back to what our folks said or did. As we move through the developmental stages of life there will be many times when you might reflect on a teaching or experience that only a parent would understand. Frequently the first healer, the first hero, the first protector and the most forgiving person in our life was our parent. With the loss of our parent we grieve the loss of our past. Only a parent can remind us of our personal story. A current accomplishment could be just a bit more satisfying if we could look over our shoulder and see them nodding with approval. This type of approval can only come from the parental awareness of our humble beginning. Honoring those we have lost. Taking care of ourselves. Grief and sadness are difficult emotions and the tendency is to suppress our sadness which only makes it more intense. In addition to the grief we will have the additional stress of trying to cover it up. The avoidance of grief is also a subtle statement that our own sense of self, our sadness, does not matter enough for the expression of our tears. The gentler way to move through grief and sadness is to embrace it, acknowledge it and tell the truth about it. Remember there is healing in the telling. Often the people who care about us do not know how to support us in the grief process. When they ask how you are doing, let them know. If they offer support accept it and let them know how they can be of assistance to you. During special days do remember those who are absent. Bring out the photo albums, tell stories, and reminisce. The truth is life matters and your loved ones continue to make a difference.

Pass their teachings on to others. Retell their jokes and favorite stories. Share how your life has changed and how you have expanded as a result of knowing them and surviving their absence. Say their name, tell their life story. Include them in a ritual, in a prayer. Display their favorite flowers, play a favorite song. Serve a favorite food. Be gentle with yourself and honor the lives of those whom you love. Allow your tears, your loved one is worth it. Your relationships have not ended they have changed form, the love continues. You are still a parent to your child and you are still the child of your parent. Give yourself permission to grieve and honor your loved one by keeping their essence alive.

### 9: Healing the Absent Father Wound - The Good Men Project

*Letter to My Absent Father. June I sometimes wonder if other men and women with absent fathers like you have ever looked for reasons to move on. What I am really grieving is the loss of.*

My biological dad was active for the first five years of my childhood before he became a revolving door who was in and out at random points in my life. He was like a ghost. I knew he was around, saw him from time to time, but whenever I thought I could reach out and touch him, he was gone again. So for all of you who are suffering from the trauma, I know what that feels like. Of course, experiencing a fatherless childhood affects both males and females, but women deal with the pain of having a distant daddy in different ways than our male counterparts. Some attempt to fill that void by leading a life of promiscuity, sleeping with different men in an effort to feel love. Others bring issues of trust, fear, and bitterness into romantic relationships with their partners, and some women avoid men altogether. In essence, it all boils down to feelings of inferiority, insecurity, or hate; whether for self or your long-gone father. You can do one of two things. You can either continue to let those negative feelings swallow you up and drain you of your happiness, or you can learn to heal and move on. So get rid of that mentality, and quick. Let it be your motivation in life; the fuel you need to go after any and everything you set your mind to and attain it by all means. And forgive your father. Trust me, it will be more beneficial to you than you think. Lord knows that carrying a grudge is one of the heaviest weights to bear in the world; once you lay it to rest, you will feel liberated. Express your feelings to him and go from there. Maybe you can start something beautiful. The bottom line is: Let go and live freely. Release all of the emotional baggage, pray to God for strength to move forward, and always remember that you are amazing regardless! You deserve to move on and do so with peace. Trending on MadameNoire Comment Disclaimer: Comments that contain profane or derogatory language, video links or exceed words will require approval by a moderator before appearing in the comment section. By continuing to use this site, you agree to our updated Terms of Service and Privacy Policy.

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