

The Human Dimensions...



Emotional

Spiritual

Deep feelings and beliefs, especially religious.

We live in a time many consider to be a scientific, technological age. However, science and technology cannot give us all that we are searching for in life. These disciplines can give us

certain tools for living, **but** no direction for living. (1 Cor 2: 6-16)

Physical

Physical health, well being.

We don't usually appreciate our physical health until we lose it. Whatever our current condition, it's important for us to be attentive to our physical health and well being. (Ps 38: 1-8)

Relational

Connections between people

Successful relationships take work. Healthy relationships are balanced and marked by equality. (1 Cor 13: 1-7):

Emotional

Expressing or describing feelings

We can experience many different feelings at one time. These emotions play an important part in our experience of wholeness. They need our attention because they are indicators of what is going on in our lives, what is happening around us.

At a later date you may like to read the scripture references given for each dimension

Tasks of Grief

(based on the Tasks of Mourning by J William Worden)

Worden's research indicates that when a person has experienced loss, there are four tasks they can attend to in order to help them transition through their grief

Accept
the reality of the loss

Re-invest
emotional energy



Experience
the pain of grief

Adjust
to an environment where
the person or thing is no
longer present