



When Grief Gets Stuck **by Nitza Rodriguez, LMFT**

Lionel Richie once sang the words, “Stuck on you, I have this feeling down deep in my soul I just can’t lose.” Nowhere in this song do we find the word grief and nowhere in this song does it relate to the powerful experience of grieving. In fact, the song is about relationships.

Yet when you think about the process of grief, it’s easy to realize that the experience of grief is often uncanny and can often sit down deep in our soul, preventing movement and seemingly not allowing us to move forward. The process of grief is a normal and a natural reaction to the death of a loved one. It is a universal experience, which interestingly enough is not experienced by two people the same way. And in order for us to not get stuck in grief, it is important to embrace the experience of grief, allowing the emotional journey to take place through expression and acceptance. Not only will this allow for good physical health to take place, but it will allow for a positive emotional experience to take place.

Grief can be a difficult journey, but when we allow grief to do its work, the journey becomes a powerful tool that allows us to remain connected to those we mourn. The grieving journey reminds us that the gift of memories can never be taken away. It can move us forward and keep us from getting stuck in the pain of loss.

Want more information on Nitza? Visit her counselor page [here!](#)