

Logically Emotional

I want to say I'm sorry
But I don't know where to start
All that I can tell you
Is it's coming from my heart
Your heart will tell you all sorts
If you listen with intent
If you follow its direction
It will leave you quite content
I've worked through all the anger
I've worked through all the grief
I've tripped across those stepping
stones
To bring me this relief
Acceptance is the hardest thing
If you only see excuses
Instead see reasons for events
See emotions have their uses
If I'd known it was so simple
I'd have done it long ago
I got caught up in the whirlpools
And just couldn't let it flow
I'd like to share this process
It helped me to unwrap
All the hidden losses
That were causing all the crap
The guilt, the shame, the stresses
I held it all within
The chaos in my mind, hell!
Where on earth do I begin?
The logic in my head

Was conflicting with my heart
I knew it was all nonsense;
how to pull them all apart?
Logic always is the answer
Logic always wins the day
But the chaos of emotions, well,
Seem to just get in the way
When life's a rollercoaster
And you want to stop the world
Take a moment to reflect
How did it all unfold?
Your values are the key to this
Unlocking of your losses;
Your emotions are the compass
To show you what your choice is
So I started small, don't overwhelm
I need to see the pattern of
How my grief plays out so rapidly
When something threatens to flatten
The cards I held in front of me
Like windows to my world
Were there for me to see
Just how they might unfold
I laid the cards down one by one
There were seven in my hand
First SHOCK and GUILT and then
DENIAL
Where would the last one land?
I could see the SHOCK was evident
But no use for me at all

How can I stop and cogitate
When it threatened all to fall?
My DENIAL took the precedence
For more important issues
I ran and ran until I dropped
And then ran out of tissues
If only I could just have seen
Each card its useful purpose
I would have used that SHOCK for good
but I wasted that resource
This emotion that kept cropping up
So strong and overwhelming
Was teaching me a simple rule
Just STOP and take a breath in!
I need to find a safe place
To go and check resources
And then I need to recognise
Exactly what my loss is
I listed all those losses
Hidden deep within myself
The ones that were not obvious
The ones I chose to shelve
The cards I laid before me
Revealed the patterns of my grieving
It was not hard, there was no pain
Which I felt was most relieving
They allowed me a certain kindness
That to me was not so shocking
It showed me my loss reactions
Were merely interlocking
By speaking out and being heard

it helped the understanding
Connecting hand with brain kickstarted
The depths of comprehending
I made a start that's all it took
On my road to my recovery
One little thing to focus on
Would open such discovery
I yearned to understand the
Nature of my DEPRESSION
It just drained me as a person
Such an energy recession
It was merely a guide and telling me
I need the time to learn
If something was important
or just to let it burn
A layby if you like in which
To rest and grow
Before I hit the roundabout
And find which way to go
The GUILT was there to question
Whether it was all my fault
Should I change or let it go
Lessons I was taught
Would bring about a growth in me
I never knew it could
Big words like ought or would or
Even if I should
To see my grief in such a way
Was to me a revelation
To learn to BARGAIN with effect
Improved all of my relations

BARGAINING is an emotion
Which needs a lot of thought
But get it right and you will see
 Exactly what it bought
The hidden loss I did recover
 Was such a little thing
But it brought me back to a place
 A place I could begin
 To start to be myself again
 And find out who I was
To bring back that young soul to life
 The energy I'd lost
ANGER used to be my energy
 To recover 'random' losses
But when I bargained with my SHOCK
 It could not fill its purpose
So moving on now in my world
 As I pull back all the covers
 I find that knowing how I feel
 Guides me to help the others
My conversations now you see
 Are more fun and so creative
Each side with hidden losses seen
 So rehabilitative
I know the losses just keep coming
 But trust me when I say
Those grief emotions are still there
 They just don't get in the way...
Have faith have trust and hold the will
 to get you back to JOY
Those seas are rough but you will see

You'll shout out "land A-HOY"!!

By Frances Griffiths