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Healing After Suicide, Substance or Sudden Loss

Touchstone Four  
Exploring Your Feelings of Loss

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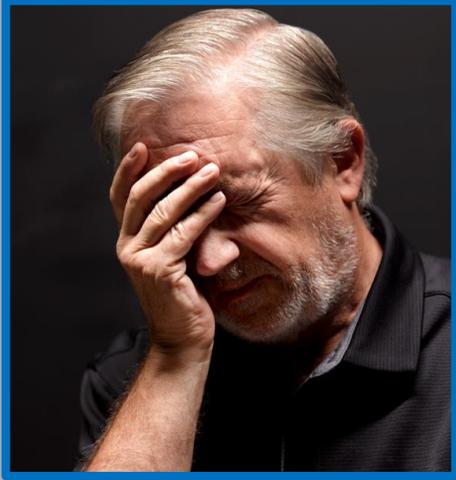
Compassionate Listening



*Grief is like a long valley, a winding valley where any bend may reveal a totally new landscape."*

*C.S. Lewis*

Emotional



Physical



Spiritual



Social



Cognitive



**Many individuals bereaved by suicide experience a profound and life-changing disruption in almost all aspects of life.**

# The Broken Vase



# Why is Suicide Different?

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It is sudden, unexpected, and often violent  
It comes with many complex layers of emotion

It is often stigmatized

The Mystery of WHY's

Many Ripple Effect Losses

And . . . It is often preceded by a long period of care-giving for a person who struggles with mental health challenges or substance abuse.



# What is Compassionate Listening?

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- Setting aside your own psychological or emotional needs
- Shifting the point of focus away from self and onto the other
- Understanding and empathy with the goal to reduce pain and suffering
- Setting the conscious intention to listen without judgement or personal bias

# What Happens During “Listening”

**ca•thar•sis** kə-  
thär'sis ▶

A release of emotional tension, as after an overwhelming experience, that restores or refreshes the spirit.

## Restorative Retelling

Talking about the circumstances of the death itself.

Natural way of dissipating the psychic energy  
Supports integration of what happened.

## Perturbation

The capacity to experience change and movement.

This is deep listening that helps a person empty his heart

“Compassionate listening is deep listening.  
Just one hour can bring deep transformation  
and healing.” *Thich Nhat Hanh*

*Stop...*

*Be quiet...*

*Look at the person...*

*Listen to learn and understand...*

*Feel compassion...*

*Ask questions...*

*Listen more deeply.*

**“Where there is ruin,  
there is hope for a treasure.”**

*— Rumi*

