

## Dabda How We Overcome Loss

Priyanshu Shekhawat<sup>1</sup>

<sup>1</sup>Department of Human Development and Family Science, College of Community Science, CCS Haryana Agricultural University, Hisar- 125004, Haryana, India

ARTICLE ID: 17

### Introduction

As a human we are compelled to socialize and express our emotions. Without being a social person, we cannot live a happy life, have to tackle many problems like loneliness, anxiety, depression, FOMO (fear of missing out). Some people cannot become social easily as they are afraid of people's opinions and their reactions to their actions. But, even when people socialize, problems like depression, anxiety, FOMO is not avoidable. Now these problems are caused by two main impulses, either the company of one person is really toxic and every time there is comparison or there is comparison with others and feeling inferior, that leads to expression of different emotions like irritation, developing antisocial personality. And as I know people get affected with other people and compare. Most of us just want that we should have more than the other person, okay! Let's just skip this part and come to the topic.

Grieving is a different topic as it comes when we feel a loss that is very hard to accept. When we have lost someone close in any accident or when someone leaves us when things don't work. Grieving is a process of emotions, it is not a single emotion and these are very deep feelings, cannot go away in one night. We have to go various stages and then in last we make our mind to accept the situation. There are many steps through which we have go when we grieve for something. So basically, there are five main steps known as "DABDA" means Denial, Anger, Bargain, Depression and Acceptance.

The stages have evolved and also misunderstood by the people. These are just emotions expressed by people and it's not very specific that every person shows all of the five stages. Some don't even show any! People show emotions in different ways and cannot be classified in some number but these stages help us to know and understand more about our feelings and what we might be feeling if we have to go through some loss. So, we should recognize what we feel in every stage and how to better understand these.

### Denial



First stage of feeling loss is denial. We go through some hard times and we cannot accept the truth and then Life makes no sense. Denial is when we live in the world we created for our comfort because more than this we would not be able to handle what we are going through and it is the phase which helps us to survive our loss and we are in a state of surprise and denial. We cannot understand what is happening, the reality is very hard to accept and then we start denying it “it did not happen”, “it cannot be” these questions fill our mind. When we start asking questions to ourselves, we don’t know it but we are progressing towards healing. Questioning our own mind brings clarity and we are more able to pace our emotions, after that denial starts to fade. We become more tolerant about the loss and we start developing anger about it.

### **Anger**

Anger is a necessary stage of the healing process. Feeling anger should be acknowledged as it comes and we should not overpower that. When we do not express our emotions as they are it ultimately takes more time to overcome and it will eventually lead to self-destruction. So, understanding emotions is as significant as eating healthy food and maintaining your body fat percentage. Feel it truly and embrace the emotion, it is hard but you will go through it. In life everyone faces situations in which they feel very disheartened and annoyed.

You start finding a reason by means of which you can get out of this painful feeling and your brain activates for defense because we cannot take blames even if we are doing wrong that is human tendency. We start blaming others for our mistakes.

We make wrong decisions and many more things we do without understanding what we are truly feeling and that is the reason we should know our emotions. Remaining calm not making hurry in doing things and feeling and knowing the inner self should be the goal during hard times. Anger is very sensitive emotion and its occurrence is rapid and cannot be controlled effortlessly but very important to overcome through a loss.

### **Bargaining**

After anger we start bargaining for what we lost as if it will come back to normal if we do so. We start blaming ourselves for things that made the situation worse. The “if” factor comes in our mind and we start saying that “if it was not like that”, “if I behaved in that way” and all these thoughts fill our mind and leave us in a distressing state but this stage is very



important as we realize if we have done something wrong and questioning our behavior, thoughts and others also.

We start bargaining for things to make them go back in time because we cannot adapt to the current environment, we don't want to feel pain and we start doing anything to not go in the state of loneliness and distress. Overcoming time of these stages can depend on person to person as everyone's behavior and the way of handling the situation is different and the time can also depend on the type of loss. If the loss is big then people can remain in these stages for months. We try to bring the things back to normal and we blame ourselves for everything that we have lost and these feelings come and go and these stages also overlap sometimes as we cannot just say that one stage comes at a time and other afterwards.

### **Depression**

After bargaining, our attention starts to shift towards present and we truly start feeling the reality. The pain we feel at this stage is deeper, deeper than we ever pictured. We start to think if this is some mental problem going with us but depression is also a feeling and also one stage of feeling grief and it is not a mental illness that we have to deal with. This stage is very dangerous also as we have thoughts "giving up", "it is enough that we have faced" and the thoughts of suicide and much more that cannot be clarified as simple it seems.

We need to calm down in this stage. Ask yourself "what is making you that much depressed?" Identify the thought and try to work on that calmly. The decisions made in a hurry can be dangerous to us and also can affect the people around us. As soon as we identify the problem we should get help, share the problem with peers or friends and if that is not working then visiting a psychotherapist is better.

As it can be understandable that losing someone close and accepting that the person is not coming back can be very depressing for anyone, so feeling blue is normal. Don't get overwhelmed by the attitudes and emotional breakdowns you have. It is also a sign that it is a part of process and you are going towards healing.

### **Acceptance**

The last stage is acceptance. As we overcome from the depression, we are ready to accept the loss and also the acceptance of the thought that nothing can be done to bring the situation back to normal. Accepting that this is the permanent reality. We cannot be okay with that but sooner or later we accept that.



It can be hard to accept the uninvited happening but we eventually go through it. We find a way to live with it. Sometimes we can think that our moving on in life is unfair to the lost one, but it's okay that we are adapting with the new environment.

We start enjoying the life again, new relationships and life becomes better than the hard days. We recognize our role in the society and this becomes our new norm. Living the life again and making it worth now feels more reasonable. Acceptance is the final stage of grieving and we start finding meaning in life.

### **Conclusion**

Every stage takes time and we cannot expect that avoiding the feelings can help us. We can enjoy life again, we can do things again, new relationships, new adventures in life and can make it more meaningful but only when we have given the grief its time. We should feel our emotions and express these as they are. Avoiding is not the solution, take time to overcome.

Human beings are designed to adapt according to the situation but the progression of emotions takes time to accept the things that gave us so much pain either losing someone or feeling betrayed by someone. These are our emotions, our responsibility to take care of ourselves. So, don't be hard on yourself during hard times. It will heal with time and it also makes us stronger and more emotionally stable.