

A FREE RESOURCE FOR THOSE
WHO HAVE LOST

5 SIGNS YOU'RE AVOIDING GRIEF

BY CAMP AGAPE
WWW.CAMPAGAPETEXAS.ORG





STUFF EMOTIONS

We stuff emotions when we do not allow ourselves to cry, mourn, remember or even think about our loved one. When we don't allow our minds and bodies to process those emotions, we end up creating other problems for ourselves because we have not allowed ourselves to grieve. These problems can effect our minds, bodies, and relationships with other people.



AVOID CONVERSATIONS ABOUT LOVED ONE

When we avoid conversations about our loved one we are not allowing ourselves or people who love us to express their love and grief for our loved one and for us.

It is okay for every person involved to cry, mourn, and miss our precious loved one. Sharing our grief helps us to support each other and to be a treasured part of each other's lives.



TAKE DOWN PHOTOS AND VISIBLE REMINDERS

Taking down photos and visible reminders may be a way of trying to avoid remembering cherished events and the part our loved one played in them. It may also be an effort to block out the memories we have of our loved one. The treasured memories we have of our loved one are blessings that we get to carry with us for the rest of our lives.

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DEVELOP NEW FRIENDSHIPS INSTEAD OF MAINTAINING ANY FROM THE JOINT RELATIONSHIPS

When we cut off old friendships and family members, we are running away from the support and love that we can give each other. New friends are wonderful, but our old friends are more likely to understand the love we have for our loved one and the grief we carry within us. We are blessings to each other.

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AVOID GOING TO PLACES THAT STIR UP MEMORIES

Avoiding places that stir up old memories keeps us from eventually enjoying the people and blessings that God has and are giving us. As time passes and we heal, we can make beautiful new memories. Our loved one will always be a part of our lives. We are blessed to have shared love and treasured memories and to travel through life with them.



VOLUNTEER

When you've experienced loss in life it can be a struggle to know how to share or use your story of grief. Camp Agape offers an opportunity to witness your past pain have a present purpose in transforming the life of a child in a fun, energetic camp setting. Gain more confidence in sharing your story of grief and enjoy helping Camp Agape fulfill its mission of healing little hurting hearts.

**OUR MOST NEEDED VOLUNTEER POSITION ON A YEARLY BASIS IS BUDDIES.
ESPECIALLY MALE BUDDIES**

WHAT IS A BUDDY?

Buddies are the adults [18+] paired with kids to be their companion during camp. Buddies participate in all the fun camp activities along with all the group therapy activities. If your kid does it, you do it. Buddies have support from Lead Buddies, Grief Coaches and Spiritual Leaders.

[Apply to
Volunteer Here](#) 

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