

C o m f o r t



*It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere.*

*Agnes Repplier*

We seek comfort when our strength is waning, when we are tired, weary, scared or lonely. During these moments of despair we reach for relief, each of us understanding instantly when we discover our own personal comfort zone. Whether it's putting on a favorite sweater, preparing a warm cup of homemade soup, or listening to the laughter of a friend, we all reach for that elusive moment when we can relax take a breath and settle into our own exquisite rhythm.

The challenge for survivors of trauma is that many of us have learned to fear and ignore discomfort, putting our needs aside until things reach a crisis. Unfortunately, when we are in crisis we are overwhelmed by the pain and unable to develop a pattern of healthy comforting habits.

For many years I was caught in this cycle of unhealthy comforting patterns. My self care strategies were based on a belief that discomfort was the enemy. The truth is that my discomfort has become one of my greatest teachers. My first step toward discovering true comfort was accomplished simply by accepting the grief, sadness and frustrations that for years I had ignored. I discovered that comfort is not served by avoidance or distraction. It is served when I open my heart and say to that wounded part of myself... "What do you need in order to regain balance?" I am often surprised by the simple yet profound messages revealed through my simple explorations.

Grief does not respond to an insatiable quest to avoid its pain, instead it has a deep necessity for expression and ultimate release.

The exercises in this section are designed to connect you with your personal comfort strategies. And give voice to the part of you that understands where the discomfort is and knows that you alone can nurture and heal your grief. By establishing life long habits of listening and responding to your needs you give voice to your inner healer.