



The

UPSIDE

of
LOSS

Kristi Morrish, Ph.D.

The UpSide of Loss

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A First

My life was full and happy,
Not a hole in sight.

Today my life turned inside out
From news I learned tonight.

I spoke with Dad this morning
Ending with “I Love You.”

Now I’m so glad I said that,
knowing he loved me too.

He was too young to die today
Too full of life to walk away.

I’m not ready for Dad to leave.
I have love left for him to receive.

I re-learned a lesson in Life today.
Always leave loved ones with hugs Good-Bye.

Lost in Your Loss

There are no rules
for how to be
when loved ones die
and you're in grief.

The night crying.
Daylight tear streaks.

Moments of sad.
Times of relief.

Even some joy
rising to peaks,

Then plummeting
through waves of grief.

It's all OK
for you to be
lost in your loss,
anytime you need.

Step by Step

I refuse to believe
there is a reason for my loss.

My sadness is too deep
for me to see beyond my grief.

I only lift my head
to take one step at a time.

I know I'm moving forward,
because today I smiled.

As I gain quiet strength
I might lift my head and see
some reason for my loss
that was unknown to me.

Morning Beyond Mourning

Here comes morning.

Relief from night.

Embracing me,
a hug of light.

Begin again
this bright new day.

Taking first steps
another way.

Pushing beyond
my comfort zone

Into a place
I've never known.

New things to learn.

New ways to be.

I'm evolving
into a new me.

Fading

The tiny details
are beginning to fade.

His different voice tones.
Laughing a certain way.

How he chewed his food,
held his fork, touched his plate.

Sitting, standing, and
turning to walk away.

The special details
that won't ever fade

Are the winks, the words
he didn't have to say,

To let me know that
I was loved each day.

Savoring

Some people call it grieving.
I call it savoring.

Letting myself keep hugging
past times I am favoring.

A time will come one unseen day,
when memories fade away.

For now, I am letting myself
Savor my favorites.

Touching Happiness

Despite my loss there will always be
a deep happiness inside of me.

It helps me see the positivity
of how something was meant to be.

When I'm in the middle of difficulties,
I always check inside to see

If my happiness is somewhere deep
within hidden shadows in me.

I know I'm OK if I can keep
touching my happiness somewhere deep.

Your Turn

“It’s YOUR TURN,” they say to me,
“to move past your role of caretaking.”

It’s what I have done.
It’s who I like being.

Giving to others is GIVING to me.
Gratitude is a reward that heals.

It’s MY TURN, I say to me,
to continue my role of give & receive.

Letting Go

I don't need advice on how to hang on.
I do that tenaciously well.

I'm the kid who let a loose tooth hang
until it naturally fell.

The practice I need is on letting go,
making a clean break from the past.

It can only cloud what's here and now.
I know there's no going back.

I don't want to paint the future with past,
without room for what's in between.

I would rather exist in the creative now,
letting go of what "might have been."

New Thought Ways

I have a new opportunity
to live my life differently.

If I step off my old pathway
and let myself try new roads,

I might find different thought ways
leading to new attitudes.

Closure

This day marks the end toward a new beginning.
I am ready for hesitation and anticipation,
whatever awaits.

Endings precede beginnings.
Where there is closure,
there is growth.

Ongoing

Within me is a secret, deep-flowing joy
that can be called up anytime I choose.

It is a spark that flickers or bursts into flame.
It never goes out, this ongoing joy for me to use.

The Little Things

The tiniest pebble in my shoe
makes me hobble.

The slightest sliver in my finger
gives me pain.

It's the littlest naggy things
that feel awful.

Yet, it's the littlest happy things
that feel great.

Hope

It's the bright side of down.

It's the whisper of dreams.

It's a brave little word
to which everyone clings.

It's brilliance.

It's brimming.

It's breathing.

It's bridging.

It's the UpSide of Down.

A reason for living.

About the Author

Kristi Morrish is passionate about helping people discover their strengths and find positivity even in challenging situations. She spent more than twenty-five years as a leadership development consultant, manager, and coach in the public and private sectors.



Kristi's published book topics, part of The UpSide series, include living positively with diabetes, and finding positivity in conflict, change, loss, aging, limits, uncertainty, healing, and listening. They are designed for anyone wanting "a little lift."

Kristi lives in Lacey, WA with her husband Mike and enjoys swimming, hiking, and snow. She holds a Ph.D. in Nutrition Education, M.Ed. in Counseling & Guidance, BA in Human Nutrition, and BS in Physical Education.

