



Grieving for the Sibling You Lost: A Teen's Guide to Coping with Grief and Finding Meaning After Loss (The Instant Help Solutions Series)

Erica Goldblatt Hyatt DSW

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If you've lost a sibling, you feel sad, confused, or even angry. For the first time, a psychotherapist specializing in teen and adolescent bereavement offers a compassionate guide to help you discover your unique coping style, deal with overwhelming emotions, and find constructive ways to manage this profound loss so you can move forward in a meaningful and healthy way.

Losing a loved one—at any age—is devastating. But if you're a teen who has lost a sibling, this loss can feel even more so. Siblings are also lifetime playmates, confidants, role models, and friends. After losing a brother or sister, you may feel like a part of yourself is missing. You may also feel lonely, depressed, and anxious. These are all normal reactions. But even though the pain feels unmanageable now, there are ways you can start to heal.

Grieving for the Sibling You Lost will help you understand your own unique coping style. You'll also find effective exercises based in cognitive behavioral therapy (CBT) to help you work through negative thoughts, and learn the importance of creating meaning out of loss and suffering. Most importantly, you'll learn when and how to ask for help from parents, friends, or teachers.

If you've lost a sibling, the pain can feel unbearable, but there are ways you can start to heal. This book will show you how.

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