

The title comes from thousands of interactions the author has had with people seeking support. Chaos happens when life experiences happen beyond our control. You are forever changed. Living in sorrow is not the option. This resource will help you find the inner harmony and healing you are searching for.

MY CHAOS: Searching for My New Normal

by Rick C Benson

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MY CHAOS

*Searching
For My New
Normal*

**Evidence inspired, proven strategies,
narrative stories and images that will help
one cope after any significant loss
or life transition.**

RICK C. BENSON

MY CHAOS
Searching for My New Normal



How did I choose this title?

First and foremost, it came from real life stories.
Stories that seem impossible to be true.

Mark Twain once said,

“Truth is stranger than fiction,
because fiction must make some kind of sense. “

I believe your story, your emotions and you.
I wish you peace as you read this book.

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2017

First Edition



Rick C. Benson Counselling Inc.

Specializing in Spiritual Health, Loss and Life Transitions

www.rickcbenson.com

“Reading this book will take you on a journey to peace. It is for anyone who has experienced loss of any kind and wishes to find hope and healing. The human spirit will respond to Rick Benson’s sensitive and gentle leading for the reader to find wholeness again.”

Adrien-David Robichaud (Rev. Dr)
Clinical Pastoral Educator Supervisor/Educator,
Zone Director of Spiritual and Religious Care

“13th century poet philosopher Jallaluddin Rumi wrote that every rub, helped polish our mirror. In MY CHAOS, Rick has provided the soft cloth, which can help us rub ourselves, our souls.”

Nisar Ahmad, Executive Director,
Envisions Institute of Development, India

“Amazing! MY CHAOS is filled with genuine carefully constructed thoughts. It is obvious that he has an ability to provide the warmth and caring that so many need in their time of grief and turmoil.”

Holly Jones RN, BN, GNC, Director of Nursing, Long Term Care Facility

“Rick Benson has a passion. A passion to help those who grieve. In My Chaos Rick uses his many life experiences to help those living with grief. He offers excellent practical suggestions on ways to make meaning out of life’s losses”.

David Levangie, M.A. M.Th.
Vice President Operations - Catholic Health International

“A body of work filled with powerful imagery, providing an accessible take on techniques for understanding and transforming loss into a foundation for fostering hope and meaning.”

Chris Gordon, RSW, Clinical Social Worker,
Specialized Opiate Treatment Centre

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Book of Job 2: 11-13

“When Job’s friends heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him. Then they sat with him on the ground seven days and seven nights. No one said a word to him, because they saw how great his suffering was.”

In *Man’s Search for Meaning* (1946), Viktor Frankl shares German philosopher Friedrich Nietzsche’s famous quote:

“He who has the Why to live for can bear almost any How.”

The mother of a four year-old boy watched her son walk over to the neighbor’s front porch, a gentleman whose wife had died just the past week. As she observed her son talking to the grieving neighbor, she wondered what her son was saying to him.

When he returned home, she asked her son what he and Mr. Campbell had talked about.

He looked up at his mom with eyes that were still damp and said ...

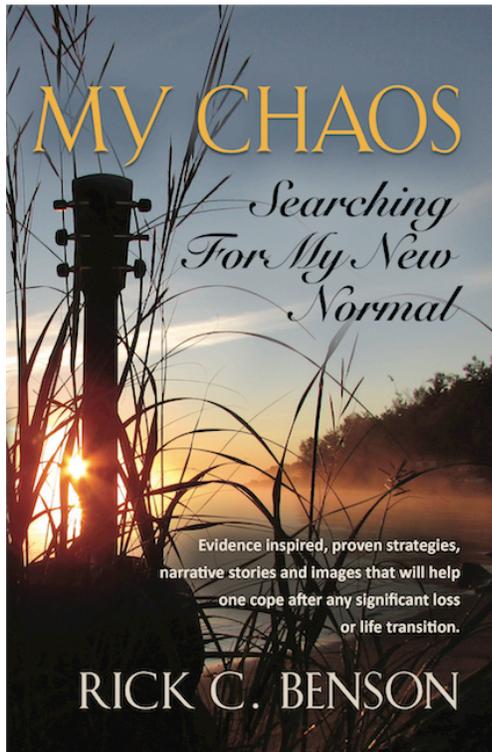
“Oh nothing, I just sat there and cried with him.”



INTRODUCTION and G.L.A.M.E.©
**Why the collection of stress and anxiety
interventions?**

Another book on grief? To quote Paul McCartney's song "Silly Love Songs." Like love, loss, grief and life transitions cannot be captured in one song, or one book, or one response. My desire is to share this information and my insights, and provide a broader understanding of, and response to, the pain associated with grief, loss, and life transitions. One size does not fit all, and one person with one theory about dealing with grief is rarely the most effective response. This book will bring together many responses. Grief is so much broader than the death of a loved one. Grief can be caused by the diagnosis of a spouse or parent with dementia, someone moving away, loss of a significant relationship, infertility, loss of mobility, cancer diagnosis, Parkinson's or other life altering diseases, death of a pet, losing a job; the list is endless. Some interventions and suggestions will work for some but not for others, sometimes a combination of therapies is required. That is the benefit of options. This book offers many grief management options, noting that with any therapy or combination of therapies, it can take up to eight weeks to demonstrate its effectiveness. Pull together some interventions and lessons from the examples and stories. Once you have found your peaceful place, share it with others. Grief is meant to be shared, not suffered alone.

In the city of Saint John, New Brunswick, Canada there is a tradition where, when the funeral procession cars are driving to and from the funeral home or cemetery, other cars pull over, people stop and take off their hats, workmen on streets stop their road work and take off their helmets and bow their heads. While driving in the family car at my mother-in-law's funeral, I experienced this show of respect. It brought me to tears to think, these people do not know who is in



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