



**Advanced skills
Set 15**

The Write Tribe

PAPER 2 TECHNIQUES
SECTION C



Section C

[25 Marks]

Text 3

The text below is about grief. Read it carefully and answer Questions 14 – 19.

Grief. How do we deal with grief? In reality, there really is no best way to cope with grief. What works for one culture or one family may not work for another. Nevertheless, we know of traditional cultures that help people deal with bereavement and grief – that occur as a result of a loss – through customs that have well-understood meanings and provide a reassuring anchor amid the turbulence of loss. These customs vary greatly from one to another. 5

In Japan for instance, religious rituals encourage aggrieved parties to maintain contact with the deceased. Families keep an altar in the home specially for their ancestors whom they 'talk' to and offer them food. Likewise, in some parts of Africa, the dead were still considered part of the community. On the other hand, among native Americans, Hopi Indians try to forget a dead person as quickly as possible, believing that death brings pollution and that the spirits of the dead are to be feared. For the latter reason, they do not keep photos or other reminders of someone who has died. 10

In the late sixties, American psychiatrist Elisabeth Kübler-Ross in her book, *On Death and Dying*, was inspired by her work with terminally ill to introduce The Kübler-Ross model of grief. The model discusses five stages of grief – denial, anger, bargaining, depression and acceptance. 15

According to the model, one of the first reactions to follow a grievous situation is denial when reality becomes hard to face. Once in the second stage, the individual recognizes that denial cannot continue. He turns angry. Because of anger, the person is very difficult to care for due to misplaced feelings of rage and envy. The third stage involves the hope that the individual can somehow undo or avoid a cause of grief. Usually, the negotiation is made with a higher power in exchange for a reformed lifestyle. 20

During the fourth stage, the grieving person begins to understand the certainty of death or loss. Things begin to lose meaning to the griever. Because of this, the individual may become silent; refusing visitors and spending much of the time crying and sullen. This process allows the grieving person to disconnect from things of love and affection, possibly in an attempt to avoid further trauma. Eventually, individuals begin to come to terms with their mortality or inevitable future, or that of a loved one, or other tragic event and begins to start living again. 25

A common problem with the above cycle is that people do get stuck in one phase. Thus a person may become stuck in denial, never moving on from the position of not accepting the inevitable future. When it happens, they still keep on denying it, such as the person who has lost their job still going into the city only to sit on a park bench all day. Getting stuck in denial is common. In 'cool' cultures such as in Britain, where expressing anger is not acceptable, the person may feel that anger, but may 35

then repress it, bottling it up inside. Likewise, a person may be stuck in permanent anger – which is itself a form of flight from reality – or repeated bargaining. It is 40 more difficult to get stuck in active states than in passivity, and so, getting stuck in depression is perhaps a more common ailment.

6 Another trap is that when a person bounces around from one unresolved phase to another. Thus, for example, a person that finds bargaining not to be working, may go back into anger or denial. Cycling is itself a form of avoidance of the inevitable, 45 and going backwards in time may seem to be a way of extending the time before the perceived bad thing happens.

14. (i) With reference to paragraph 1 (line 5), '...and provide a reassuring anchor...' What is the 'anchor' the writer refers to here? [1]

- (ii) From paragraph 1 (line 5) '...anchor amid the turbulence of loss'. Which two words suggest that grieving person is on a ship? [1]

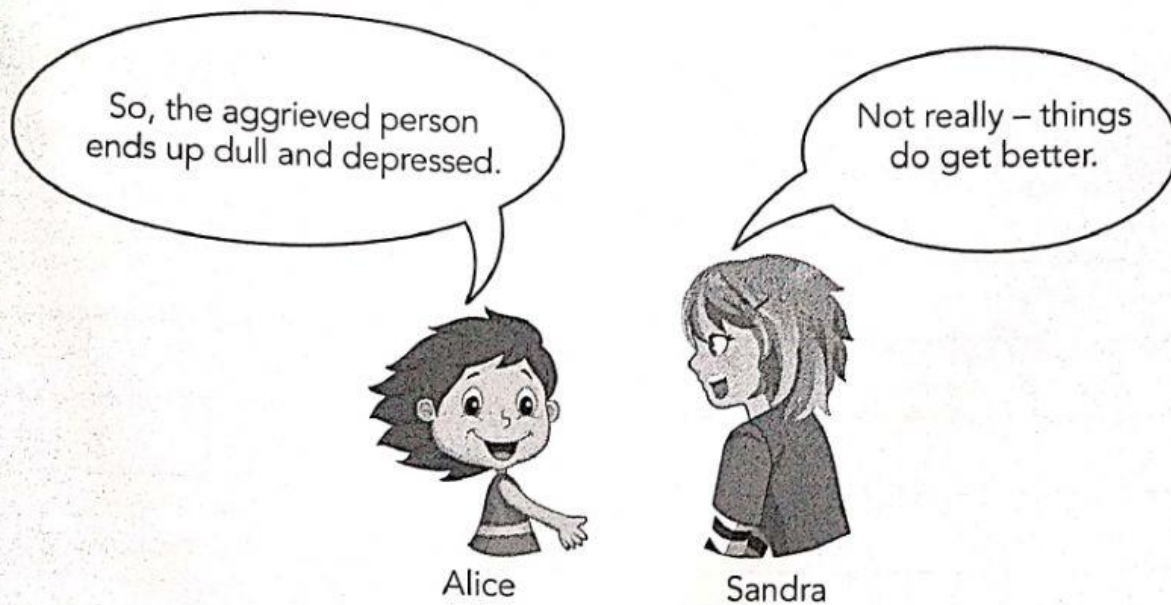
- 15 From paragraph 2, state how the dead are perceived in the Japanese culture as opposed to the native American culture. Answer in your own words as far as possible. [2]

Culture	
Japanese	
Native American	

16. From paragraph 3 (line 25) 'Usually, the negotiation is made with a higher power in exchange for a reformed lifestyle'.

What does the grieving person try to do here with the higher power? [1]

17. Here is a part of a conversation between two students, Alice and Sandra, who have read the article.



- (i) Identify two reasons from paragraph 2 to support Alice's view. [2]

- (ii) With reference to paragraph 2, give evidence to explain Sandra's view. [1]

18. (i) With reference to paragraph 5, what does it mean to be in denial? [1]

- (ii) What can you tell about the length of time of each stage of grief from your understanding of the 5 stages of grief? [1]

- The Kübler-Ross model of grief discusses five stages ...*

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[15]