

Miscarriage *Support*



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11 Effective Ideas on How to Begin the Healing Process

Why did I write this eBook?

In March of 2001, after a five month pregnancy and with great anticipation of another child, my wife and I experienced a miscarriage. We were devastated. My wife Robin was especially heartbroken. She had bonded with this unborn child through months of sickness, feeling the baby move within her and hours of eager preparation in our home for a newborn.

There was no warning and no inner promptings of any kind. Everything appeared on schedule medically, emotionally and spiritually. We had no idea how deeply our lives would be forever changed.

My desire in writing this E-book is to share with you a handful of things that helped us heal from our miscarriage. Miscarriages come suddenly with very little insight and minimal empathy or sympathy from anyone or anywhere. Our goal is to provide hope to couples experiencing these tragic losses of unborn children.

For months after the miscarriage, my wife spent hours online and in bookstores searching for answers and help but found very little. Some websites had products to buy or stories of others who also experienced miscarriages, but none of them provided quite the understanding that we received through prayer and pondering for years since our miscarriage. Outside of potential medical reasons for the miscarriage, there was no information and nowhere, other than our faith and our love for each other, to find help to heal.

We've learned many things through this experience. The first is that you don't have to do this alone. You will feel like you're in a very lonely place, yet being alone will only compound the pain. **There are over 600,000 miscarriages reported each year in the United States, and many more are not reported.** Not only are many not reported they are also typically not even spoken of outside the home. There seems to be almost a feeling of shame talking about a miscarriage.

I learned there is literally an army of men and women walking around us each day who have felt the crushing blow of a miscarriage. They too have had their dreams shattered and now possess a daily fear of trying again to have a child. They

understand that aching in the heart that just doesn't go away. They also feel the pain when seeing other pregnant women or young couples holding their newborns.

Though many share this experience, very few talk about it openly. It is difficult to talk about something that wasn't "real" to others. Unless you have experienced a miscarriage you really cannot understand. In addition, most people don't know how to react or what to say; and that makes sharing something so personal even more uncomfortable.

It's ironic that one of the very things that help us heal from a miscarriage is talking about it, particularly communication between husband and wife, boyfriend and girlfriend. Robin and I are not ashamed or uncomfortable talking about it! Our goal is to help you and others like you begin a healing process that may take years.

The following pages contain a collection of thoughts and practices that were very instrumental in helping us overcome the difficult time we went through after our miscarriage.

It consists of a few chapters of the full-length Ebook that all [Miscarriage Support Members](#) have access to. We are certain some of these things will bring you the strength and comfort you so desperately need at this crucial time of your life.

To your happiness and healing,

Kris Cottrell

Journaling

Journaling is one of the most therapeutic activities you can do to heal from any emotional wound. A journal can become a best friend who always understands, never has anything bad to say to you and always wants to absorb your feelings. Journal as often as you feel a need to express yourself. Journaling is a personal and safe way to get your feelings out. It is a way to express your thoughts and feelings on paper. Writing forces clarity. When something in your mind is not clear, then write about it. The thought or idea will become clearer as it is written.

I am much more effective teaching or brainstorming when I have a whiteboard and marker; because I learn through clarification: and the concepts grow as I write them. I can see the thoughts and principles on the board. They begin to take shape, to become almost alive in my mind and on the board. I can then more easily build upon those thoughts. We recommend you write and write consistently. When you need to let out feelings and there isn't anyone to visit with, tell your journal.

Name Your Baby

You may choose to give your child a name. This can be a very good thing. Rather than call the child "our baby" or "our child." This real person can have a real name. This is completely up to you. Many people don't name their child. We chose not to; but naming your baby has been a very effective healing step for many individuals.

Stay Busy

Discover a new hobby, take a class and learn something new. Volunteering and helping someone else can keep you from slipping into inactivity and depression. Staying busy will also keep your mind off your grief. Find those things that are

uplifting to you or that help others. You will find yourself much happier when you are busy serving others or completing something you love.

Necklace: Something Tangible

My wife bought a necklace and attached a pinky ring to the necklace. This became a physical reminder to her of our child. I would often see her touching it or playing with it while it was around her neck. Many times she wasn't even aware she was doing it. It told me that she was having those feelings inside.

You may choose to get one with the child's birthstone. This is very healing because you have something tangible to touch when you are thinking of your baby. This, by no means, is a replacement for the unborn child; but it is something physical you can carry with you and will help.

Pictures

Buy and put things around home to help you heal by visual stimulation. We put pictures of temples, Christ and other paintings to remind us of our faith and our child. Having visual pictures around the house can help lift your spirits. Often we use visual reminders to help us reach goals or inspire us. I can't think of anything more rewarding than to have reminders about eternal families, faith and our children.

Video Journal

A simple flip camera for around one hundred dollars is a great way to make a video journal or blog. Simply put the camera in front of you, and turn it on. Give updates on how you feel, and over time you can watch your old videos and recognize the improvement to your mental and emotional health. Then simply plug it into your computer, and it is uploaded in minutes to burn on a DVD or place on a storage device.

This is also a great way to help your posterity with challenges. We have an opportunity to teach others from our experiences. Video journaling is a way to capture feeling along with your story. It is you talking about your personal struggles and triumphs. Someday, I guarantee someone will be going through a similar challenge and will be lifted and will gain hope from your experience, if it is documented and if you desire to share it.

Music

Soft, uplifting music can heal the soul. The opposite is true with non-uplifting music. It will bring anxiousness, depression and sad feelings. Classical music helps the frontal lobe and will make you feel more peaceful. Play soft uplifting music in your home continually. Play it in your car, while you walk or while you eat dinner.

Examples of therapeutic music we find healing include: classical music, instrumental music (such as Yanni or Jim Brickman) and fun uplifting music like (James Taylor). Play music that YOU find soothing to YOUR soul. This can be different things to different people. I would recommend you stay away from hard rock or rap music that may bring anxiety or nervous tension to you. As you know, music carries certain beats and rhythms. Beats and rhythms make us feel things.

Our nervous system and our mind react to the beats and rhythms of music. Some are uplifting, calming and relaxing. Others bring tension, anxiousness and even aggressiveness. Remember, there is great power in the music you have around you. If you're not used to listening to my recommendations, then just try them for a few weeks and see if you notice a difference. I believe you will, and it will be significant. Play it softly in the background of your day.

Scrapbooking

Scrapbooking is another proactive activity available to help you. Start with your ultrasound, if you were far enough along to have an ultrasound, and if the doctor

printed the picture of your baby. If not, you may want to scrapbook your feelings. Make a collage of your pregnancy, your marriage and your relationship with your spouse. Scrapbooking a baby page can also be moisture to your emotional cast.

Help Someone Else

Simply listening to someone else can be extremely helpful to them. You are finding this out yourself. Serving others helps you forget your own problems. I've found nothing more therapeutic when we feel down, angry, depressed or anxious than serving and helping someone else with a problem. This principle is like the miracle of the loaves and the fishes. You give out a little bit of what you have in your basket to feed others, and it will return with increase. You cannot help another without helping yourself in the process.

True happiness and healing cannot become yours until and unless you are willing to share it. It is by giving happiness and healing away that it becomes yours. There is great power in this principle. Look for opportunities in your home, church, school and community. Look for a cause that will motivate you. I've learned that money, competition, power or popularity are not the most powerful motivators. Having a cause for something you believe in is the one long-lasting motivator.

Blessing the lives of those in need is an innate motivator that lies within our DNA. This always brings us a sense of joy. If you want to heal, first be the healer. This is why we started our website MiscarriageSupport.com forming a miscarriage community.

One cause you may want to join is helping those who also suffer from a miscarriage. You can join us in helping others by purchasing our miscarriage recovery membership. A percentage of your contribution will go to help other families dealing with a miscarriage. Some ways your money will help them include: medical bills, comfort necklaces, birthday letters, and counseling. We are also helping to support a high-risk pregnancy clinic needing funding to be built.

Time

It's said that Time is "that great healer." The challenge is that it takes so darn long! Pain from a miscarriage won't completely leave, but it also won't be as constant over time. Pain seems to lesson with time. It is interesting to me to think that you are sad because you will not be able to spend any time with this child; and, yet, time passing will help the pain. Try and remove time from your equation.

I find that because of time we often beat ourselves up. For instance, I've counseled many people who feel they have failed as a parent. They may have a teenager making poor choices. I often change their paradigm when I ask them if they would still be a failed parent if their child got on the right path when he turned twenty five. They say, "Well no, I wouldn't be a failure then." I ask them if they would still be a failure if their child turned his life around when he turned sixty five. They respond the same. I then ask them, what if your child didn't turn his life around until one thousand years from now on the other side. Would you still be a failure? I answer for them, "NO. You are not a failure." Do the best you can; be always teaching; love unconditionally; and you cannot fail. Thus, remove time from your healing equation.

You will gradually heal. It may take a while, but you will eventually feel much better I promise!

Tears

Tears are a natural process for healthy healing. We weep for those we lose because we love them. If there were no tears there would be no love. The fact is that you love your unborn child. You have bonded with this child within you. This child is literally a part of you, and I believe he or she always has been. You have a desire to cry as a way to express feelings of love for this child.

Tears are a way of cleansing yourself emotionally. Studies show that tears actually contain healing chemicals that help the brain. When tears are released, so are emotional toxins. Have you ever just felt like you needed a good cry, and afterward you felt much better? I do that all the time. I find myself feeling bad or hurting inside from something dumb I've done or someone else has done to me; I may try to hold it in; but eventually it just bubbles out. I typically cry while I'm driving; and yes, the cars passing by my truck wonder what in the world is wrong with this guy! But I find it feels better when I let the tears flow.

After a miscarriage you may not be able to control the flow of tears. It is okay to cry, and it is okay to cry everyday or once in a while or for many years to come. We are all different. Just remember tears are a big part of the healing process. Picture your tears as washing away the pain.

Tears are comprised of water and salt. They come from the windows of the soul the eyes. Water is used to clean things. For instance, we shower or bathe in water to get clean. We use a hose with water to clean our cars, driveways, etc. Tears clean emotional wounds just as the doctor cleans and disinfects wounds on our bodies, your spirit will clean out this deep wound with water. The spiritual doctor rinsing out the wounded soul always overflows water from the eyes.

Water is also a sign of life. Things only grow where there is water; things don't grow without it. Trees, shrubs and grasses grow along the rivers. We all need water to live, to grow and to be healthy. Suffering is an essential part of growth. It is one reason we are here. Only through suffering can we become better, stronger and more useful to others.

When there are tears, there is growth. Tears come at a cost; and yet, they are essential to learn the lessons of life that perfect us. After suffering through a miscarriage, you can now lift and build others where before you had no empathy or influence to do so. You will now possess a new form of charity for others. The tears that drop to the ground after a miscarriage are sacred. These tears come through sacrifice and pain, and you will be rewarded with a power and influence you otherwise would not have.

Salt adds flavor to things. You are also becoming more valuable or flavorful to others. You will find yourself in situations over the years to help others or your own children through similar losses. You cannot lift others to higher ground unless you are already on higher ground yourself! Nobody wants to hear that suffering is a good thing. I understand that. Yet, I see no other way for us to become a diamond from a piece of coal without the heat and pressures of the day.

A great man once said that his life was like a boulder rolling down a hill. As it crashed into other rocks a sharp edge was taken off- and against a tree, another one was made smooth- until at the bottom of the hill, he became a smooth and polished stone to be used in the hand of the Master. Isn't that exactly how you feel? Life was rolling along just great; and then, "bang," you crashed into a boulder; then, "wham," you slammed into a tree. A bit of pride is knocked off here, a little bit of unthankfulness is scratched away there. Your tears are a sign of this refinement. As difficult and painful as these things are that you're slamming into, when you slow down or stop rolling through this trial, you will find yourself much more polished and refined and, therefore, much more useful to others.

Final Thoughts

I sincerely hope that these thoughts have provided you some sort of direction on how you can find the peace and comfort you deserve right now.

Please understand that this eBook is only an excerpt from the full version I created. The full version includes many more details of what my wife and I experienced during and after our miscarriage and how it has impacted our life today – 11 years later.

Here are some of the additional topics covered in the full-length version:

- Identifying the specific stages of grieving (What's normal? How to get through each stage, etc.)
- How blame is placed
- What the signs of healing are
- How to fully cleanse your wounds and begin living again
- How to cope
- Potential reasons for your miscarriage
- Communication and support from other individuals going through miscarriages right now just like you
- And much, much more!

How do I get a copy?

Unfortunately we do not sell our full-length eBook as a stand-alone product. BUT the good news is, it is provided to you for FREE when you become a [Miscarriage Support Member](#).

A membership to [Miscarriage Support](#) is a small one-time fee that provides you access to the many other videos, expert interviews, stories and help that the community has put together for those trying to find comfort after a miscarriage.

To sign up and get the full details of what your membership provides [click here](#).

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