



*Todd Minor Sr. and Mia Minor's thoughts on
Coping with Grief and Trauma*

1. We bargained with God to not take our Son Matthew

The day our Son Matthew passed away; we were in our home. Our Son discovered him in his room. We ran upstairs, and I started to perform CPR. All the while, we were asking GOD to please take us instead of our child. We would do anything to change the circumstances. At the time, we did not think who were we to negotiate with God to keep Matt alive? We felt the sense of control that we thought we had in life turning into total helplessness. Why would God allow this to happen to us?

2. Denial over our Son's death to include Isolation.

When we lost Matthew, our child and someone important to us rejected the idea that this was happening. It almost felt like a TV show or something not real. We isolated ourselves to avoid any reminders that Matt was no longer with us in the physical. Our family (including our church family) wishing to comfort us only made the grief even stronger. In our mind, he is only visiting family and will be back home soon. We were still working to come to terms with the loss. He has not passed away.

3. Anger

At the time Matthew passed in 2019, I was receiving treatment for cancer. As a result of the surgery, I was barely able to walk due to nerve damage.



This condition required the need for a walker to get around. In addition, since 2011, my wife Mia has been receiving care and treatments for multiple sclerosis. This disease affects our day-to-day life in so many ways. She ultimately had to retire early because of it. We felt our plate was pretty well full already, and now God, you want to add another supreme heartbreaking event, that of losing our Son?

- We felt unsafe.
- We played the blame game. (if you did this differently, if I did this different.
- How can we go on after this?
- How do you praise God after he let something happen like this?
- Why do we feel so alone?
- How can we ever get out of the depths of despair?
- We are constantly thinking and still think at times, why do others still have their child and we do not?
- Why does it seem that they have a home filled with less trial and grief?
- What did we do to deserve this?

4. Depression

Anger continues in waves of emotion. Uncontrollable crying continues as well. We are starting to feel the total weight of our sadness over the loss of Matthew. We felt exceptionally down and exhausted in the wake of losing our Son. We have become hermits in our home.

- Should we sell our house and relocate?
- Why should we open our hearts again? It hurts.
- My family is my everything; what should we do now?



5. Acceptance

- a) Honestly, not there yet. We constantly have waves of grief triggered by reminders of the loss of Matthew. We are starting to realize that this pain grief can continue for a lifetime after a significant loss, such as losing a child. And we are praying that it becomes easier over time.
- b) Humbly request others seek counseling from your pastor or a clinician.