

Title	The Reconstruction of Relationships in Grief Work Processes(1)(Abstract)
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Abstract**The Reconstruction of Relationships in Grief Work Processes (1)****Junko Murakami****Kaori Takebuchi**

Since human beings are relational and social beings, bereavement is one of the biggest experiences that give an impact in human lives. The loss of a loved one comes with grief, and the process of overcoming grief is called grief work. In the process of grief work, the reconstruction of the relationships is very important. Through analyzing the answers of the questionnaire survey, we tried to address how the bereaved reconstructed the relationships with the deceased, with others, with oneself, and with God. The result showed that many bereaved were reconstructing those human relations through grief work processes and acknowledge their mortality.

Some renewed the relationships with the deceased, and it was divided into three classes. The first group was those who recognized the relationship with the deceased turned into nothing. The second group was those who stated the hope of reincarnation. And the last group was those who hoped to see the deceased in heaven when they die.

Some rethought of the relationships with the others. The bereavement reminds us that there is an end with other loved ones as well, and that makes us rethink how we want to spend the time with them before the time is up.

Some reconsidered how they live their lives. This was notable among young people. The bereavement at young age seems to have a great impact on their lives.

And some tied the relationships with God again. In addition, at the times of bereavement, they reconfirmed their needs of God, and having a relationship with God brought them peace.

The bereavement is difficult to avoid, although we wish never to experience losing someone we love. Therefore, giving a new perspective of bereavement might give us some comfort when we go through it.