

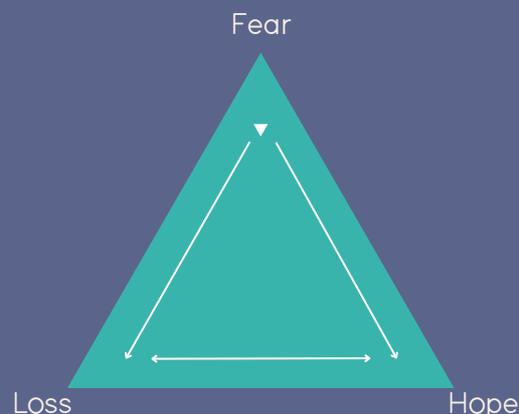
Navigating Loss, Fear and Hope through the BLMGT

If you are here reading this, it will likely be because you have experienced baby loss or, miscarriage, or you are considering or trying to conceive post baby loss or miscarriage.

And you probably therefore identify with the very complex blend of feelings that come with these experiences; from despair to hopeful, from lonely to energetic, from helpless to powerful. All of these feelings, plus the many more that aren't mentioned here, are important and valid to your experience. No feeling is off limits, or irrelevant. They all provide important information, to empower you in your journey.

What can be confusing when experiencing baby loss or miscarriage, and especially trying to conceive after either of these experiences, is the way some of these 'polar' feelings can be experienced in quick succession, oscillating quickly from one to the next, or even blending together as a unique hybrid.

Dominantly, this can be the case for Loss, Fear, and Hope, as represented in the Baby loss and Miscarriage Grief Triangle (BLMGT):



Loss: Baby loss, miscarriage, and unsuccessful conception involve loss, which can be a complex and non-linear process. See more on the grief worksheet for this.

Fear: many difficult emotions are symptoms of fear. Fear is difficult because it requires an outcome that can't be guaranteed. Anxiety can be a by-product of fear; it is the desperate search for certainty.

Hope: is all about desire. Some would add expectation here, but expectation can feel dangerous on a backstory of loss. So perhaps a helpful word is 'anticipation'

Linda Frazer, in her research on post-miscarriage counselling (2022), acknowledges that there is a great need to be present in managing the loss, whilst also leaning into a hopeful future, yet also acknowledging the fear of another loss. This is a very delicate blend of feelings and experiences.

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As you consider your feelings towards your present and historical experiences:

1. Which of these parts of the BLMGT feel most familiar to you?
2. How might you experience different parts blending?
3. Which are you the most afraid of?
4. Which parts do you need the most help with?
5. How do you see parts of the BLMGT evolving for you over time?



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