

# GANGSTER DEATH



G.A. GLOBAL SERVICES INC.  
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Zoom Meeting: Mon - Fri 5:00-7:00 pm  
Meeting ID: 82259651157  
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## Gangster Death

Death is inevitable, yet the loss of a gang member always showers us with a range of emotions. Each day we might desperately try to avoid the pain, anxiety and feelings of helplessness when a loved one dies. Other days, we feel like life for a life can return us to normal—at least until we realized that our crime free life must pay homage for the friend. So live and let live trumps life for a life. Despite the gamut of emotion we feel, grieving for the homie helps us cope and heal. The intense, heart breaking anguish indicates that a deep connection has been severed. Without a doubt, grieving is painful. But it is also necessary.

Going forward doesn't mean forgetting about the loved one who died. As members of G.A. retaliation will never be an option.

Enjoying life again doesn't imply that the person is no longer missed. Piecing together our shattered emotions doesn't mean we, somehow, betray a friend or recovering gang member. It simply means that our grief has run its course.

1. Denial: "This can't be happening to me."
2. Anger: "Why is this happening? Who is to blame?"
3. Bargaining: "Make this not happen, and in mm I will \_."
4. Depression: "I'm too sad to do anything."
5. Acceptance: "I'm at peace with what has happened."

Although these are common responses to loss, there is no structure or timetable for the grieving process. That said, understanding grief and its common symptoms are helpful when grieving. Recognizing the difference between trauma and depression is also beneficial.

Besides understanding how stress can take a toll on us physically, emotionally and spiritually, we need to understand the practical guidelines to ease the process. These include taking care of our bodies, going to meetings, sharing happy memories and reaching out to our sponsors. They will have the knowledge wisdom and experience to walk us through this traumatic time. Finally, there will come a time when someone close to us experiences a significant loss. Knowing how to respond to a grieving friend is a good first step in acting as a recovering person suffering from street poison. The death of a loved one is a shattering experience with far reaching implications. As difficult as the loss may be, it is possible to move forward with hope for the future. With the disease we live with, this situation will occur very often. We must hold on to our seats in the meetings and know with a doubt...this too shall pass.

Elisabeth]: M Ross, MD. (1969) On Death and Dying.

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