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### **Overcoming Obstacles**

I don't believe in the five stages of grief. The original five stages are denial, anger, bargaining, depression and acceptance. (Kubler-Ross) Obviously you go through those feelings but it isn't as simple as "this is how you feel and this is all you're going to feel." The most important thing is what you learn from loss. Accepting death, but not necessarily getting over it. Remembering people for how they lived and not how they left. Also learning that different people grieve in different ways and that that is okay. Soon you will hear about not only my experience with this topic but also my adoptive mother's experience and her story.

"Terrence Shapiro, 48, of Boynton Beach and Siobhan M. Stackpole, 44, of Boynton Beach died in the crash shortly before 12:30 a.m. Saturday at Atlantic and Congress avenues." Palm Beach Post wrote February 13, 2019 in an article. My name is Amelia M. Stackpole-Shapiro Baker, the daughter of Terrence Shapiro and Siobhan M. Stackpole. If you have pieced together the pieces you've noticed that my parents died when I was 7. Now I don't really remember much after the accident. Maybe because that was more than five years ago, or maybe because I'm overtime forgetting things about my past. Though I don't think those reasons are true. I believe that my coping skill was doing nothing, turning my brain off so I didn't have to deal with the pain that awaited me. Maybe that seemed like a good idea back then, but now not so much. I try to think back to what happened and I don't remember. But the thing is I want to remember. So looking

back now I've learned that feeling sadness and pain might be better than feeling nothing at all, feeling numb. I believe that I just skipped the stages of grief and went straight to acceptance, which is impossible because you can't fully accept death unless you take the time to process. And you have to remember them. Remember them when they were at their happiest of times.

I soon wanted to know more about other experiences with this topic. So that led me to find answers from someone I know is familiar with loss. My adopted mom's experience with grief was different from mine. Five years ago Katey Baker ( my adoptive mom) lost her best friend also known as my biological mom. Katey found out her best friend died while hearing a voicemail from a close friend. When I asked my adoptive mom how she coped with this loss she told me that there was lots of crying involved and that she talked to family members as well. Baker also stated "I believe the stages of grief are real and I definitely went through them. Although, I also believe those are not the only emotions you go through. Heartbreak is one of the biggest stages for me, wishing you could see someone again knowing that you can't. But heartbreak is not included in the original five stages." As I was talking to Katey about what lessons she had learned from that experience she said this, " If you're thinking of someone, pick up the phone and tell them you love them because tomorrow isn't promised."

I learned a lot from this experience. One of the biggest takeaways from this interview was don't take people for granted that they will always be here. Because we don't know what's going to happen in a year from now, a week from now, or even a day from now. So take every

opportunity there is in life to tell someone you love them because you don't know if it will be the last time saying those three words to that person. That also goes for your own life. Don't just sit around waiting for things to happen, make things happen. Another lesson I learned from this interview is that different people have different ways of grieving. For example as I said before I was very closed off after my parents died. I didn't talk about anything, I didn't cry about anything, I was just numb. On the other hand my adoptive mother's way of grieving was much different than mine. She was much more open and expressive of her feelings. She talked to family about the incident, she cried. And both ways are very valid responses to loss. Both ways are perfectly normal. I mean would I recommend not talking about emotions and just ignoring them, no. But on the other hand it is a normal reaction. Overall I feel I have learned a lot from this interview and I hope you reading this have too.

Well grief is complicated. We never really 100% accept losing someone dear to us. But we won't let that get in the way of our life. Just because it seems like someone is done with grieving doesn't mean they are. And all people grieve in different ways. Eventually in everyone's life you will lose someone. It's bound to happen. You can't do anything about it. But that's okay, it's not your fault. Most of the time it's unexpected, sometimes it's not. What is really important is spending the most time with the people close to you as you can, because as Katey Baker said, "Tomorrow isn't promised."

**Work cited**

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