January 2023

Good Grief

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Recommended Citation
Lyden, John C. (2023) "Good Grief," Journal of Religion & Film: Vol. 27: Iss. 1, Article 41.
Available at: https://digitalcommons.unomaha.edu/jrf/vol27/iss1/41

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Good Grief

Abstract
This is a film review of Good Grief (2023), directed by Rob Sharp.

Keywords
Death, Grief, Mourning

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This slamdance film festival review is available in Journal of Religion & Film: https://digitalcommons.unomaha.edu/jrf/vol27/iss1/41
Good Grief (2023), dir. Rob Sharp

Four women experience the death of a child: a stillbirth, a crib death, a death in utero, and a child hit by a car. Each of them hears the cliché responses: “I’m so sorry.” “If there’s anything you need...” “You can always have another one.” “You’ll be okay.” People mean well, but they don’t know what to say, and they often inadvertently say something hurtful such as suggesting that another child can “replace” the lost one.

In an allegorical plot device, each woman is also given a glowing ball to hold: the feeling of pain and loss embodied, which talks to them, suggesting that they can put this grief down anytime. “You can make it stop, and feel nothing forever.” “You can be happy.” “Get on with your life.” Like the well-meaning friends, the voice urges the women to move on from their grief—but they all realize that it hurts because they loved their children, and they don’t want to stop loving them. This is the price of love; “it’s meant to hurt.” With an acknowledgment of that fact, it is shown that grief is indeed “good,” and that they’ll be alright, even though the pain will never go...
away. Remembering their children is painful, but in those memories, they experience both the love and the loss, and without giving up their grief they can accept it as part of their lives. This short film offers a simple yet beautiful portrayal of the ways in which we can face death without denial.