

What to say to your family, friends, employers... to anyone who is not grieving with you

I have had a devastating loss. It will take me time perhaps longer than you think it should. For sometime, it is quite possible that I will cry much more than usual. My tears do not signify weakness, a lack of hope, or faith. They represent the depth of my loss.

Perhaps at times I will seem more irritable. The stress of grief tests the intensity of my emotions. Understand that this journey of healing drains my energy and often leaves me feeling frustrated.

I need your understanding and your presence more than anything else. If you don't know what to say, touch me, hold me, please let me know you care about me. Please don't wait until I call you. I may be too tired to even think of calling to reach out for support.

Don't let me become a stranger to you. Over the next year or so, I will need your presence more than ever. Please lend me your willing and supportive shoulder and ear without trying to tell me how, or what I should be doing; let me be silent if I want to or laugh and cry with me; offer to help with simple chores; invite me out; most importantly continue to be my friend.

If perhaps you have ever experienced a loss similar to mine, share it with me. You will not hurt my feelings. Although my tears may well, I will be glad to hear your special memories too.

This loss may feel like the worst thing that has ever happened to me. But I will survive and I will heal. I will not always feel the way I am feeling at this moment. I am slowly learning that gentle patience and kindness with myself will help me to smile again in the future.

Thank you for thinking of me. Your consideration is something I will appreciate forever.

~ Author Unknown

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