

Signs of Healing Grief

A much-asked question by those who are grieving is, “When will my grief end?” Grief does not end, but it gradually changes over time. The change is so gradual that you may not think you are getting better, but you are. We cannot “get over” our grief, but we can learn, grow, and heal from it. Signs of healing are:

- ❖ Your emotions are less intense. It doesn’t hurt as much.
- ❖ You’re not as sad or depressed as you used to be.
- ❖ It is less painful to talk about your loved one.
- ❖ You can laugh and enjoy yourself without feeling guilty.
- ❖ You have more good days than bad days.
- ❖ The waves of grief are smaller and occur less frequently.
- ❖ You have times when you do not think about your loved one.
- ❖ You can focus on finding new meaning in your life.
- ❖ Your self-esteem is returning.
- ❖ You can engage in old activities or find new activities.
- ❖ You can start thinking about the future with less dread and fear.
- ❖ You have more energy.
- ❖ You can focus on others and reach out to help others.
- ❖ You can acknowledge that you want to get better and know that you can survive.
- ❖ You can embrace your grief rather than fight it.
- ❖ You realize that you are more than your grief—that you have feelings and thoughts separate from your grief. This does not lessen your love for them but can only enhance it.