

## *Some Facts of Life after a Death*

1. People want you to be “fine”, not unhappy.
2. It is a couples society.
3. Tears come unbidden; grief comes in waves.
4. You may feel you are going crazy, but probably you are grieving normally.
5. Health care providers often want to help you by giving you medication.
6. Finances change, often for the worse.
7. Some friends and acquaintances drift away; others you were not close to may become closer because of their experiences with grief.
8. Skills you have not needed to use need to be reawakened.
9. You may feel anger, and you may feel guilty about the anger. Try to separate realistic from unrealistic guilt and allow healthy outlets for your anger.
10. Faith may become stronger and may become shaky.
11. People do not know what to say to you.
12. Widowers often form new relationships and marry soon. Widows usually do not.
13. Sex is a problem.
14. You may feel vulnerable—to scams, to car mechanics, to financial advisors . . .
15. You feel incomplete. Something is missing.
16. There are whys, if onlys, and woulda, coulda, shouldas. Let them in—and let them go.
17. People may avoid talking about your loved one to “spare you pain”. You need to tell them you welcome their memories.
18. Chronic health problems flare up. Exhaustion is normal.
19. People will want to give you advice and tell you what to do.
20. Relationships change.