

Someone I Love Just Died, So...

- ❖ Please listen to me.
- ❖ Don't tell me to get over it; I won't. I will get through it, but not over it.
- ❖ Don't ask me to put a time limit on my grief. Recovery will take me years.
- ❖ Anger, guilt, confusion, and forgetfulness are common. I am not crazy.
- ❖ Don't feel sorry for me.
- ❖ I'm going to be angry. This is part of my process. Don't tell me not to be angry.
- ❖ Let me cry; it is part of my healing; it's healthy for me.
- ❖ Don't dance around the subject. Bring it up to me. I need to talk.
- ❖ I will have setbacks. My emotions, at times, will hit like a tidal wave. Don't panic.
- ❖ Know that my feelings are overwhelming, and these feelings are normal.
- ❖ Don't tell me how I should feel.
- ❖ Allow me to set my own limits and boundaries. I will be forgetful and confused. It is part of my grief process.
- ❖ If you cannot be kind to me, please leave me alone.
- ❖ I will need space. Please respect that. I will never be the same.
- ❖ Accepting me as I am is the greatest support you can offer me.
- ❖ Don't ask me to make any major decisions for a while.
- ❖ I am learning how to live again. I am trying to accept what happened to me, and I am willing to
- ❖ generate possibilities through tragedy.

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