

## *I Never Thought Grief Could Teach Me So Much*

It is good to grow wise by sorrow.  
Aeschylus

At the beginning of our grieving process, we think only about getting through it, surviving the loss of our loved one, and coming out of the experience in one piece without giving up or going crazy. We don't think grief can teach us anything. We don't know or care that it will be a silent educator. That is the last thing on our minds. But then it happens.

One of the most crucial things we learn is that we have resources within ourselves that we didn't know existed. These resources, once tapped, serve us well throughout the rest of our lives.

We survivors also develop a unique wisdom that comes only as a result of loss. We recognize this in one another as we talk in support groups, meet randomly in social situations, or work side by side. We find it difficult to define this "survivors' wisdom" except to say that it has to do with valuing the very essence of life, of having a clearer understanding of life's purpose. And once gained, this is a knowledge no survivor would wish to discard even if it were possible to do so.

*☞ Going through this loss is one of the most difficult things I will ever do. It is one of the most instructive. I have learned lessons about myself and the way I think and act that have been invaluable. I have discovered that I have strength and patience and perseverance. I know that I possess a source of wisdom that will be with me for the rest of my life and upon which I can draw whenever I wish.*