

THE AFTER LOSS CREDO

I need to talk about my loss.
I may often need to tell you what happened -
or to ask you why it happened.
Each time I discuss my loss, I am helping myself
face the reality of the death of my loved one.

I need to know that you care about me.
I need to feel your touch, your hugs.
I need you just to be "with" me.
(And I need to be with you.)
I need to know you believe in me and in my
ability to get through my grief in my own way.
(And in my own time.)

Please don't judge me now -
or think that I'm behaving strangely.
Remember I'm grieving.
I may even be in shock.
I may feel afraid. I may feel deep rage.
I may even feel guilty. But above all, I hurt.
I'm experiencing a pain unlike any I've ever felt
before.

Don't worry if you think I'm getting better
and then suddenly I seem to slip backward.
Grief makes me behave this way at times.
And please don't tell me you "know how I feel,"
or that it's time for me to get on with my life.
(I am probably already saying this to myself.)
What I need now is time to grieve and to
recover.