

## THINGS TO TELL NON-GRIEVERS

I have experienced a loss that is devastating to me. It will take me time, perhaps years, for me to work through the grief I am having because of this loss.

I will cry more than usual for some time. My tears are not a sign of weakness or a lack of hope or faith. They are the symbols of the depth of my loss and the sign that I am recovering.

I may become angry without there seeming to be a reason for it. My emotions are all heightened by the stress of grief. Please be forgiving if I seem irrational at times.

I need your understanding and your presence more than anything else. If you don't know what to say, just touch me or give me a hug to let me know you care. Please don't wait for me to call you. I am often too tired to even think of reaching out for the help I need.

Don't allow me to withdraw from you. I need you more than ever during the next year.

If you, by chance, have had an experience of loss that seems anything like mine, please share it with me. You will not make me feel worse.

Please share memories of my loved one with me. Don't think that it will make me feel worse to talk about my loved one. I need to talk and remember.

The loss is the worst thing that could happen to me. But I will get through it and I will live again. I will not always feel as I do now. I will laugh again. It will be on my own timetable.

Thank you for caring about me. Your concern is a gift I will always treasure.

- From *Life after Loss* by Bob Deits