

## SPOUSAL LOSS

Issues unique to widows and widowers

- A debilitating feeling of being alone. No one to share things with
- A sense of incompleteness, as though half of you is missing
- Not only lost a spouse often also lose best friend, lover, co-parent, work-mate, social partner soul mate. Losses that can cause an identity crisis
- Feelings of guilt for things one did or didn't do
- Sense of being OLD
- Facing one's own mortality
- Free-floating fear and anxiety
- Worry about money (even when there's no need)
- Feelings of relief and sometimes guilt over relief (especially after long illness)
- Intense sense of loneliness
- Painful memories