



### **Things I Wish Someone Had Told Me about Grief**

1. No matter how prepared you think you are for a death, you can never be fully prepared for the loss and the grief.
2. Death and grief make some people uncomfortable, so be prepared for awkward encounters.
3. When people offer support, take them up on it.
4. People will say stupid, hurtful things without even realizing it.
5. People will tell you things that aren't true about your grief.
6. Death brings out the best and the worst in families, so be prepared.
7. There is no such thing as closure.
8. There is no timeline for grieving. You can't rush it. You will grieve, in some form, forever.
9. There will always be regrets. No matter how much time you had, you'll always want more.
10. Guilt is a normal part of grief.
11. Anger is normal part of grief.
12. The pain of a loss is a reflection of love, but you never regret loving as hard as you can.
13. Grief can make you question your faith.
14. Grief doesn't come in 5 neat stages. Grief is messy and confusing.
15. Grief can make you feel like you are going crazy.
16. Grief can make you question your life, your purpose, and your goals. And, that isn't always a bad thing.
17. We all grieve differently, which can create strain and confusion between family members and friends.
18. You grieve your past, present, and future with that person.
19. Big life events and milestones will forever be bittersweet.
20. Grief triggers are everywhere – you will see things that remind you of your loved one all over the place, and it may lead to sudden outbursts of emotion.
21. Holidays, anniversaries and birthdays may always be hard.

22. People will tell you what you should and shouldn't feel and how you should and shouldn't grieve. Ignore them.
23. There is no normal when it comes to grieving.
24. Sometimes it gets worse before it gets better.
25. It is normal to feel numb after it happens. The tears will come. They come in waves.
26. Grief can make you feel selfish and entitled, and that's okay (at least for a while).
27. Meeting new people, who never knew the person who died, can be hard and sad. But eventually it can be nice to "introduce" them through stories and photographs.
28. You can't compare grief or compare losses, though people will try.
29. Any loss you grieve is a valid loss, though people will sometimes make you feel otherwise.
30. Just because you feel pretty good one day it doesn't mean you are "cured" of your grief.
31. There are many days when you will feel totally and completely alone, whether you are or not.
32. Grief can make you a stronger person than you were before.
33. Grief counseling doesn't mean you're crazy or weak. It is most often a sign of strength to ask for help.
34. It is okay to cry sometimes.
35. It is okay NOT to cry sometimes.
36. "Grief re-writes your address book." Sometimes the people you think will be there for you are not. And, people you never expect, become your biggest supporters.
37. You don't get over it, you just get used to it.
38. It is okay to tell people when they are not being helpful.
39. You will have to face your emotions eventually – you can avoid them for a while, but they will catch up with you in the end.
40. Talking isn't the only way to express and process emotions.
41. You will never go back to being your "old self". Grief changes you.
42. Nothing you do in the future will change your love for the person who died. Eventually, you will begin to enjoy life again. This will not diminish your love for the person you lost.

Adapted from [www.whatsyourgrief.com](http://www.whatsyourgrief.com)