

KINDLY CONSIDER THIS...

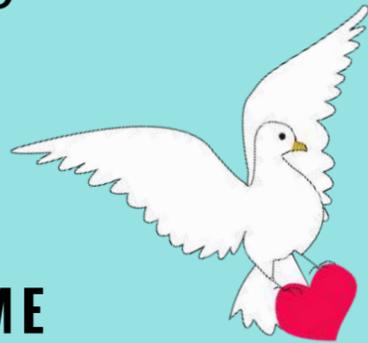


Things YOU need to know to help the grieving.

by Ursula Neal | www.CompassReset.com

1 SAYING MY CHILD'S NAME

It is okay to say my child's name in front of me and in conversation. You are not reminding me of anything, for I have not forgotten.



2 I WILL CRY

If you want to share time with me, be okay with me breaking down and crying. I know tears make you uncomfortable but this is biology's way of helping me mourn.



3 YOU CAN CRY

It is okay to cry if you want to. I don't see it as a sign of weakness and you won't make me cry any more or harder. And it is really okay to say nothing; to just sit by my side and say and do nothing.



4 HATE

If I tell you I hate you, or if I say I hate God, don't judge me. God can handle it but you may not be able to. Please forgive me. I am apologizing in advance.

5 GRIEF IS DIFFERENT FOR ALL OF US

Grief is not linear; it is circular in nature. I will experience a lot of emotions over and over, some will overlap, some I will not experience at all.



6 HOLIDAYS

While my child may be in your thoughts especially on holidays and birthdays, please know every day is that holiday for me.



7 DON'T STOP TRYING TO CONNECT

Just because I say I do not want to get together right now (for lunch, dinner, etc.) does not mean that I want you to stop asking or coming around. When I say leave me alone, I do not mean forever.

8 MY WOUNDED HEART

There is "no getting over" the loss of a child. My wounded heart will heal but the scar will always remain.

