

Mourning Discoveries[®]

A guide to help families navigate through grief towards healing.



Family Care Series™
BOOK TWO

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PREFACE

The purpose of this booklet is to provide you with a gift of understanding. My wish is that each edition of “Mourning Discoveries – Helping families navigate through grief towards healing...” will tender you with meaningful support.

AS YOUR JOURNEY CONTINUES...

Most of us experience a deep lack of purpose during a time of loss and grief. Often we have a hard time thinking of things to do that might take our thoughts away from that which feels painful. Hopefully what you read will comfort you during your difficult journey.

Real love doesn't die. It's the physical body that dies. Genuine, authentic love has no expectations whatsoever; it doesn't even need the physical presence of a person...Even when he is dead and buried that part of you that loves the person will always live.

-Elisabeth Kubler-
Ross

COMMON FEELINGS

Human Love...It is that extra creation that stands hurt and baffled at the place of death. – Christopher Leach

It may seem that as time goes by, you don't feel any better. In fact, many people report that they feel worse as the weeks pass! Your grief continues; you are in many ways discovering that your loved one is no longer a part of your life as you knew it.

A bereaved spouse said, "When someone asks me how I am doing, I would like to scream at them, asking, "How do you think I am doing, my husband died?"

Although the people in your life may seem to have returned to their usual routines, they do care and they do remember. I will continue to encourage you to reach out to the people in your life who can sit with you and "listen." Do not be afraid to tell your closest family and friends how you are really feeling. You will not burden them with your grief.

You will continue to experience many feelings while you grieve. I have been told by bereaved individuals that they think that they should be moving through the "stages" of grief, yet they find themselves "still" going back and forth among them.

Although definitions of the different “stages” of grief can be helpful, it does not mean that each individual will experience them in the exact order and in the same time period.

I am told how people feel confused, sad, hopeless, helpless, angry, bitter, guilty, numb, weak and fatigued.

Some may experience sleep disturbances, muscular tension, weight and appetite change. Grief can cause us to cry, search for answers, seek solitude, blame others, withdraw from friends and activities, be unable to concentrate and be forgetful.

During your grief journey know that there are no time limits or expiration dates on your feelings. We do not grieve according to any set rules. It is not uncommon to go back and forth between different feelings, only to revisit them again at some later time. Many people have asked me why they don't feel a certain feeling, when others have. My response is, “Although there are many common feelings and responses to grief, how you grieve is unique only to you. There is no right or wrong way to grieve. As long as you are not hurting yourself, or others, it is okay!”

A bereaved woman said, “When I am asked how I am doing I usually say, I take one day at a time!”