

About Healing

1. Try to remember, try not to forget.
2. Good memories (“I remember when...”) are very important.
3. Time can result in healing *or* infection.
4. Assume whatever you’re going through is normal.
5. Be sensitive to the fact that people grieve differently.
6. Feel free to protest the why of death.
7. Take time and space yourself and work through your guilt over doing so.
8. Take time to laugh and cry.
9. Take the initiative to make things happen for yourself: work, activity, exercise.
10. Life will never be like it was. You’ll need to create a new life, make new choices, and develop new relationships.
11. Through dreams, visions, and other means, many believe it is possible to experience the comforting and reassuring presence of your loved one(s).
12. There is nothing wrong with talking to your loved one who has died.
13. People who have been down the same road before you can be symbols of hope for you. Reach out for their help.

