

Living Beyond Loss

1. The depression diminishes.

There will be some sense of pain but it is not long lasting or as controlling as in the past.

There will always be stabs of pain associated with the various anniversaries and holidays, but now one is able to pull from them sweet remembrances.

2. Less emotional intensity is connected to the loss.

Talking about the loss becomes easier and you are not overwhelmed by emotion at the mention of your loved one.

3. You are able to look beyond your pain.

It is a positive sign of healing when an individual thinks about connecting with a service club, volunteering in a church or synagogue, and generally participating in other group activities. It means that the grief no longer demands the bulk of one's energy and that there is extra momentum to reinvest in other areas and relationships.

4. Laughter returns.

This is a strong signal that new pleasures are being discovered and enjoyed. Where you once believed you would never have reason to laugh again, now there are various experiences of joy and happiness.

5. You launch plans for the future.

For the first time in a long time, one begins to think, dream, and prepare for future events. This may take the form of planning a holiday or family vacation, or saving in order to make a special purchase, etc.

6. You no longer feel exhausted, burdened, or anxious all the time.

7. You are more comfortable with your new identity and adjustments to life without your loved one.

8. You feel more physically centered and grounded emotionally and socially.

9. It is not that you don't hurt, but the hurt now is limited, manageable, and understood.

10. You can appreciate the bittersweet quality of certain experiences, such as holidays and special occasions and enjoy others who are celebrating.

11. You can look forward to and make plans for the future.

12. You have a healthy perspective on your grief and going forward with your life.

*“Grief has two parts.
First is the loss.
Second is the remaking of life.”
Ann Riophe*

*“You will lose someone you can’t live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn’t seal back up. And you come through. It’s like having a broken leg that never heals perfectly--that still hurts when the weather gets cold but you learn to dance with the limp.”
Anne Lamott*

*“Hope is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops at all”
Emily Dickinson*



For additional support contact the
Hospice of the Golden Isles Bereavement Office
Phone: (912)267-5462 or email:
Bereavement@Hospice.me
More resources are available at www.Hospice.me