

# Living Between The Fear of Grief

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As widows or widowers we can be caught between two contrasting fears

The fear of leaving the past behind

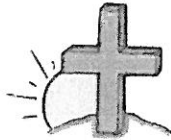
The fear of living the future.

We don't want to move on, yet we want to cope with the pain. We miss our loved ones and cannot imagine loving again in the future. We cry for what we have lost, we cry for what the future holds.

But in reality the past is gone, the future is not here...all we have is now – the present. The fears belong to the past and the future, yet are affecting the present. What we need to do is use the fear...*positively*. Fear can act as motivation now to change our lives in the future. Fear can either cause us to freeze emotionally or it can be our adrenaline to change our mindset.

Fear is an intangible, irrational emotional state that can control us unless we learn to control it. We control it by understanding them and by facing our fears.

Lets face our fears – now – in the present, not hiding from either the past or the future.



## BUT IT HURTS ... DIFFERENTLY

There is no way to predict how you will feel.

The reactions of grief are not like recipes, with certain ingredients, and certain results.

Each person mourns in a different way.

You may cry hysterically, or you may remain outwardly controlled, showing little emotion.

You may lash out in anger against your family and friends, or you may express your gratitude for their concern and dedication.

You may be calm one moment--in turmoil the next.

Reactions are varied and contradictory.

Grief is universal. At the same time it is extremely personal.

Heal in your own way.

-Earl A. Grollman Living When A Loved One Has Died