

WHEN WILL THIS ALL STOP? THE END OF GRIEVING



Your grieving heart...

How long does it take for grieving to end?

As you read this, your loss may still be fresh, raw and excruciating. You may find it hard to believe you can ever recover or heal from this horrible thing. It will take a long time, there's no way around that. But we include here a brief description of what usually happens after your grieving is finished, so you can survive now, with hope in the back of your mind. There are brighter days ahead.

The grieving process is a very personal and individual thing. Your unique relationship with your loved one, and the manner in which he died will dictate the length and depth of your own "roller coaster ride". As we have said several times, there is no healthy way to shorten the process; there are no short cuts to the resolution of grief. You must let it run its course.

There is also no "normal" amount of time for mourning. Some people adjust to a new life in a matter of months. Others take a year or more, or up to 2 years or longer to complete their grieving. Most take a year or two. The best length of time for you? Whatever you need.

Even after you are "done", you may experience grief feelings from time to time, especially during special dates and anniversaries, or during holidays. Expect it.

The end of grief does not mean that you forget your beloved, or cease to love them. When you experience a tragic loss, it breaks your heart.

- Can you mend your broken heart? Yes.
- Does this mean that you are dishonoring your loved one? No.
- Will you ever forget them? No.
- Will they always have a place in your heart? Yes.
- Your grieving heart...

The grieving process creates change in your life and in yourself that allows you to gradually relinquish your need for the lost one. Grief helps you come to terms with this, and to refocus your energies toward the future. Grief is not about "returning to normal". You will never be the same as you were. Grief is about finding a new life order for yourself.

As hard as you may find this to believe right now, the pain will eventually ease up and allow you to reinvent your life and your identity. You will reinvest in life and find yourself planning for the future with some degree of joy in being alive. You will begin to sense some new beginnings; experience a new dawning of life that slowly replaces the previous despair and desolation and darkness.