

HOW LONG DOES GRIEF LAST?

I can answer that question as easily as I can tell you "How High is UP"? The truth is that there is no predictable orderly time frame for grief. Every individual has to go through it at their own pace. Some will take longer than others. Often, those who experience sudden and unexpected death have a longer period of adjustment, but again it is never wise to set any time frame for any individual or situation. There is possibly one fact that we can state confidently.

Your grief will take longer than most people think. But, how long will grief last? It is finished when it is finished. The first few months may be particularly intense. The first year is difficult: especially the first Christmas or Hanukkah, the first birthday, anniversary, Mother's Day, Valentine's Day, "a year ago today day" and many other times that remind us of our loss.

All are difficult days and we need to anticipate them, know they are normal and be compassionate with ourselves. For your encouragement, grief does come and go. While it usually lasts longer than people expect, it will not be as intense, and you will find it will ease off. Take your time. As John Donne says, "He who has no time to mourn, has no time to mend." Grief always takes longer than people, who do not understand that it is a process, expect.

So allow yourself the time, and trust that your body, mind and spirit is taking the time it needs to heal.