



A Commitment to Life

*Death is a reality that I am coping with today.
While I am feeling like a victim,
I remind myself that I will survive.
Though grief is normal and I must grieve for my own health's sake,
I grieve not as one who has no hope.
Though I am familiar with sharing decisions,
sharing experiences,
and doing for another as well as myself;
I can be alone without feeling lonely,
I can make decisions for myself, and
I can learn to do for myself all that needs to be done.
More than any other, I know what is best for me.
I will act on my own advice, as well as others.
As much as is possible, I elect to be in charge of my life.
I will remember; I cannot help that.
I do have some control over how long the memories linger.
I have a choice as to how I deal with my pain.
I give myself permission to live,
to face reality and change it where I can,
and accept it where I cannot.
Like any other human being, I need to be close to another, at times.
The death of one so loved does not change that need.
I will actively seek closeness with others as the need arises.
I choose to live and expect the best that life has to offer.
While death is a reality, I will remember that
neither death nor life shall separate us
from the love of God. I am not alone.
I make my commitment to live life to the fullest,
with God's help.*

—Author Unknown