

GRIEF ...

- is a solitary journey, but you can't do it alone.
- will not just go away.
- is confusing, isolating, and sometimes seems overpowering, but healing *is* doable.
- is uncomfortable for those around you, but there are ways to make it better for both of you.
- is *active*, and what you do matters to your healing.
- is an emotional roller-coaster, but you are *not* helpless.
- means coming to terms with anger, guilt, depression, and "Why?" questions.
- is a process of remapping your life that involves time, feelings, acceptance, release, renewal, and support.
- is not confined to a fixed timetable.
- is a demanding detour, but it is not your final destination. You *do* still have a future.
- is a new beginning, and its imprint on your life may surprise you.