

MAKING PROGRESS THROUGH GRIEF



You know you're making progress through grief when:



You don't always choke when you say your loved one's name



Tears don't always well up in your eyes when you think of your loved one



The CAUSE of death isn't the emphasis anymore.



Memories, for the most part, bring comfort, not pain.



You realize your plans don't include your loved one any more.



You realize you are someone different.



You can forgive yourself for living, when your loved one did not.



Your identity is no longer highlighted by the word BEREAVED.



You KNOW that even though your loved one died, the love between you can never be destroyed

May Love Be What You Remember The Most

