



SURVIVING THE DEATH OF YOUR CHILD

Surviving the death of a child places tremendous stress on a relationship. Couples sometimes find the demands of grief so great that they begin to lose some of the energy and spirit of their relationship. These eight points, based on Deborah Roth's book, *Being Human in the Face of Death*, may help you think about your interpersonal relationship with your spouse/partner. Be honest with yourself and each other and be kind.

- **BE TOTALLY PRESENT TO THE MOMENT, TO EACH OTHER**
- **OFFER HOPE**
- **DEMONSTRATE RESPECT**
- **HEAR WITH YOUR EARS, EYES, HEART, SOUL**
- **BE AUTHENTIC, BE REAL**
- **BE FLEXIBLE**
- **SEEK SELF-HONESTY**
- **KEEP AN OPEN MIND**
- **JOURNEY SIDE BY SIDE**

