

Brothers and Sisters Hurt, Too

by the "Compassionate Friends," Delmar Chapter New York SIDS and Subsequent Siblings

When my sibling died, I felt...

- That a part of me died and I was all alone.
- Very angry at everything.
- My childhood had died too.
- Angry and sad that my family life as I had known it was over.
- Terrified that I would lose someone else I loved.
- Cheated that I didn't have a brother/sister/twin.
- Angry at how it happened.
- Alone.
- Afraid to get close and let anyone in.
- Terrible.
- I wanted to cry.
- I felt angry, depressed, confused, drained, worried.
- Why did it happen to him/her and not someone else?
- I wanted him/her back.
- Was I still a brother or sister?
- On my own because everyone and everything in my family changed.



When my sibling died, some problems I had were...

- Most people thought my parents were the only people suffering.
- I was afraid to cry in front of my parents because I didn't want to upset them.
- People thought I should be over my grief in a week.
- I felt guilty when I felt happy about something.
- People asking me how my parents are doing and not bothering to ask me how I am doing.
- Just being allowed to be normal, being able to have fun and not being so sad.
- People saying it was only a brother or sister you lost and you shouldn't feel as bad as your parents.
- My parents got to go to meetings but there was nothing for me.
- Parents yelling at you because you don't show any emotion about your sibling's death and believing that you don't care at all.
- People saying they knew exactly how I felt when it had never happened to them.
- When things don't go right, I think about my brother and things just get worse.
- My parents tend to get overprotective of me.
- I became very closed. It was hard to talk to people who never felt the way I did.
- Feeling like everyone was looking at me and talking about me.
- Hard to concentrate at school.

I find it hard to talk to my parents about the loss of my sibling because:

- I don't want to upset them.
- I hurt more when they hurt.
- I hate to see my mother cry.
- I would rather grieve by myself and keep it to myself.
- I don't get along with my mother that well.
- My dad never mentions it and so I don't either.
- If I only say a little bit, my mom keeps pushing me to say more.
- They don't know how I feel.
- I think they will start to cry.
- They tell me she's with God and that makes it okay for them but not for me.