

Truths To Live With While Grieving

- +Everyone experiences loss.**
- +Give yourself permission to grieve.**
- +Take care of yourself and listen to your needs.**
- +Grieve as long as you need to.**
- +Loss affects you emotionally, physically, sexually and spiritually.**
- +Whatever you are feeling or will feel is okay.**
- +Repress your feelings and you give them power; embrace them and you gain strength.**
- +You have the ability and inner resources to deal with your pain and survive your loss.**
- +Things seldom happen the way we imagine or think they'll occur.**
- +Thinking about all the "if only's" is non-productive.**
- +Doing too much can make you ill: go slow.**
- +Your grief will pass one day.**