

## Healing from Grief

### You know you are getting better when...

- You can review both pleasant and unpleasant memories of your loved one
- You can enjoy time alone
- You can drive somewhere by yourself without crying the whole time
- You can look forward to the holidays
- You can reach out to help someone in a similar situation
- The music your loved one listened to is no longer painful to you
- You can sit through a religious service without crying
- Some time passes during which you have not thought about your loved one
- You can enjoy a good joke
- Your eating, sleeping and exercise patterns return to what they were before the death
- You no longer feel tired all the time
- You have developed a routine to your daily life
- You can concentrate on a book or a favorite television program
- You can establish new and healthy relationships
- You feel confident again
- You can organize and plan for your future
- You can accept things as they are and not keep trying to return things to what they were
- You have patience with yourself through “grief attacks”
- You look forward to getting up in the morning
- You can stop to smell the flowers along the way and enjoy experiences in life that are meant to be enjoyed
- The vacated roles that your loved one filled in your life are now being filled by yourself or others
- You can acknowledge your new life and even discover personal growth
- You no longer feel the need to make frequent trips to the cemetery
- You are in touch with the finality of the death