TABLE IN FRONT OF A WINDOW

VARIETY OF FEELINGS WRAPPED INTO ONE CALLED GRIEF

I’m lonely
   Self-imposed

the result of others discomfort

I’m sad

I’m angry

I’m so depressed.

I’m frightened - I could die too.

I have no control over my life.
SELF-CENTERED
Judeo-Christian belief

OK, just recognize

WOUND
Physical pain

Numbness

Scar

Never be the same

TIME LINE
Numb

Crash -6 weeks, 3-6 months
Everyone returns to normal activities

Crying--decision to stop

Ten years later
MEN DIFFERENT THAN WOMEN
Expressing emotions

Wife best friend and confidant

Mortality rate increases

Remarry
love more than one person

love for dead not diminished because love another

VISITATION AND FUNERAL ARE FOR THE LIVING
Letter

Open caskets

Collage of pictures - recognize death, celebrate life

Flowers

Cremation
Private viewing

A place
CHILDREN
  Visitation

  No funerals

  Explain what is happening
    Crying/laughing

    Body - touch - coffin

    This is what it's like to be dead

Teenager
  Child/adult

  Explain as you would a child

  Can leave whenever you want

LEARN HOW TO LIVE WITH GRIEF
  Doesn't heal

  Don't recover

  Time fills in the space between the pain

  No words, no pills

  Life will never be the same

  366th day - second year harder