Some Facts of Life After a Death

1. People want you to be "fine," not unhappy.

2. You may feel that you are going crazy.

3. Tears come unbidden.

4. Physicians want to give you medication.

5. Some friends and acquaintances drift away.

6. Skills that have not been used have atrophied and need to be relearned.

7. There is anger, and guilt about the anger.

8. You may question your faith.

9. People do not know what to say to you.

10. People will try to comfort you by saying things that do not match your experience.

11. Sex may be a problem.

12. You feel vulnerable to exploitation.

13. You feel incomplete. Something is missing.

14. There are *Whys?* and *If Onlys*.

15. People may avoid talking about the deceased, thinking that they do not want to upset you.

16. Chronic health problems flare up.

17. People will want to give you advice or tell you what to do.

18. Relationships change.

***Adapted from *Bereavement and Support,* Marylou Hughes, LCSW, DPA (1995), 94.