



# Strong Emotions

*To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness. – Erich Fromm*

**In the first days and weeks after your loved one died**, you may have experienced an outpouring of support from friends and co-workers. But now some months have passed, and while your grief may still feel very fresh and raw, others who have not experienced such a loss in their own lives may not seem as understanding.

We want to reassure you that it is not unusual to feel the pain of your loss more acutely at this time. The flurry of activity that follows the loss of your loved one, practical details of the funeral, attending to pressing matters, communicating with long lost friends and relatives, can provide some distraction from difficult emotions. When these distractions run their course, some of our clients have reported feeling worse. This is a normal reaction.

Grieving is a healthy response to life altering change. Don't feel you need to measure your reactions against any standard of recovery. Every journey is different. Trust yourself, and know that wherever you are in your grief process is exactly where you need to be.

Accept that you are on a journey from “what was” to the reality of “what is.”

Realize that waves of emotion may still overtake you. Intense feelings of anger, sadness, guilt, shame, fear and anxiety are common experiences.

At times, you may still feel numb and in a daze

You may find yourself wondering if you are “going crazy” wandering aimlessly about the house, losing and forgetting things, feeling unable to control your emotions.

You may feel lost in daydreams or fantasies about what was or what might have been.

**Be patient with yourself and remember that healing takes time.** Reach out for help if you feel you need it. Talking to others who are also grieving is often quite valuable in working through your feelings. Support groups, grief counselors, family and friends can all help you along your journey.

A free resource provided by Alive Hospice

**615.963.4732 | [AliveHospice.org/griefsupport](https://www.alivehospice.org/griefsupport)**

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