

## You Know You are Recovering When.....

- I. You can laugh and enjoy being with others.
- II. Taking care of yourself is not only OK, but it feels good.
- III. The future is not so frightening.
- IV. You can handle “special days” without falling apart.
- V. You want to reach out to others in need or pain.
- VI. You now enjoy activities that you had given up after the death of your loved one.
- VII. You can share humorous memories without crying.
- VIII. Your emotional roller coaster is slowing down.
- IX. You can actually see your progress.
- X. You can give away some of your loved one’s personal effects without feeling guilty.
- XI. You can skip or forget a ritual such as visiting the cemetery, and there is not guilt.

Do not be alarmed if one day you suddenly feel the pangs of grief again and believe that you are slipping back into the valley of grief. These moments will come when you least expect them, but you will be able to handle the situation without panic.

Since the death of your loved one, your life will never be what it once was, and that is reality. Life has taken a different direction, and you will never be able to reconcile yourself to the change. You will never forget your loss, but the pain does become bearable and, at times, touching the tender memories will not elicit pain.