

How Do You Know You're Feeling Better?

Although everyone has her / his own style and timeline of grief, you can measure your progress by certain feelings and behaviors which come about as you feel better.

As your sense of humor begins to return and you find yourself laughing, you know you are feeling better. As you find your mood swings not so high and so low, you can feel the time lengthen between upsets.

When you hear yourself giving some human qualities to your deceased loved one as you recall past moments, then you know you are moving through the worst of your grief. As you find yourself making major decisions and taking responsibility for determining the quality of your life, you are feeling better.

When you are making new friends, you ensure that you will have supportive people around you in the future and seldom have to be lonely. Finally, when you learn that your life is in your hands and that you are capable of taking charge, you'll know you're fully growing.

Courtesy of the Widowed Persons Service of mesa County, Mesa County Association for Mental Health, 1170 Colorado Ave., Grand Junction, CO81051.