



Although the last 12 months have been up and down, perhaps now you are ready to move on with your life. You may be starting to get a better grasp on a new identity and feeling more secure. Maybe you have made new friends and are involved in new activities. You are surprised as you discover a sense of humor returning along with an ability to relax and have fun. You do not have to feel disloyal to your loved one’s memory. Recovery does not lessen the love you truly have for your loved one. You are now able to concentrate your energy on making a new life.

Although you have made progress in some or all these areas, there are still days when it seems as though the death occurred just yesterday. If you are able to accept the loss and release the feelings that accompany it, whether they are grief, anger, guilt, etc., then you will be able to create a new life. However, that does not mean the pain is gone forever. Grief accompanies all the major events in life. During these special days of the year – those special times in life – you will miss having your father at your side. Those times will continue to bring back the pain and sorrow of your loss. These temporary setbacks happen to everyone and are a normal part of the experience. Earl Grollman refers to “recovery and growth” in his book *Living When a Loved One Has Died*:

“You may not have completely regained your balance,
 Yet life continues, though scars remain.
 You are breathing, moving, and functioning.
 You are now able to remember the one you loved
 And the circumstances surrounding the death
 Without falling apart...
 You have changed. You have grown.”

PROGRESS WORKSHEET

You can measure the progress you have made in adjusting to your loss by identifying certain feelings and behaviors which have come about as you feel better. Complete the following statements to discover those areas in which you have progressed.

I’ll always remember the happy/funny time when:	
I have made the following decisions during this past month:	
I have discovered the following capabilities in myself that I never knew I had:	
This has been a tragic experience, but I have changed and grown because of it. I have learned:	
I have become:	
I now feel like I have regained some control in these areas of my life:	
I feel hopeful about:	
I am making these plans for my future:	