

Why does the grieving process last so long?

It is often difficult for the family, friends and colleagues of a loved one to understand why the grieving process lasts so long. They want to see us happy again and getting on with our life. It is important to be aware of the many kinds and levels of loss that can accompany the death of a loved one. This awareness may help us and others who care about us to be more patient and gentle to us and to others during the grieving process.

We will often experience a secondary loss that may not be as obvious as the overwhelming loss of a loved one.

Loss of a large part of ourselves: There is always a part of us that was given to our loved one.

Loss of Identity: Part of who we are is what we did with and for the other person.

Loss of Self Confidence: The feeling of inadequacy, not being able to do anything right, is often a strong feeling after a loss.

Loss of a chosen lifestyle: Death forces us to change, to begin a new lifestyle whether we want to or not.

Loss of security: When a loved one dies we lose the most basic sense of security. We often don't know what will happen next or how to respond to situations.

