



# What Your Loved Ones Can Expect While You Grieve

My grief process will take much longer than you want it to.

**You can't fix this for me by doing anything but you can just be there for me.**

I will be in a sort of fog for at least 3 months. When the fog lifts, I might get worse.

I will have periods of doing okay, then I will feel despair again.

I will be exhausted. Grief is hard work.

My desire, creativity, and motivation will be gone for quite awhile.

My ability to experience joy may also be absent.

I will have a range of emotions from irritability to inexplicable rage and it may be targeted at you. Please forgive me.

I am vulnerable, I feel brittle, and I do not feel resilient.

I can't take too much stimulation. I probably won't feel like being sociable.

I know you miss the old me, but I'm forever changed by the loss of my loved one.

It will feel as though I haven't made any progress. However, I am slowly healing with occasional normal setbacks.

I will heal. Please be patient, loving, and understanding.

