

Quotes on Grief

"Grief is not a problem to be solved, it's a presence waiting for witnessing, it's the solitary journey we cannot do alone, that needs to be shared; only then can there be a response, a protection, and a restoration of that which has been damaged."

~Frances Weller

"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love."

~Washington Irving

"Grief is like a moving river, it's always changing. I would say in some ways it just gets worse. It's just that the more time that passes, the more you miss someone."

~ Michelle Williams

"Grief is already a lonely experience. It rearranges your address book: people you thought would stay beside you through anything have either disappeared or they've behaved so badly, you cut them out yourself. Even those who truly love you, who want more than anything to stay beside you, fall short of joining you here. It can feel like you lost the entire world right along with the person who died."

~ Megan Devine

"Like many grieving people, we stopped talking about our pain to friends and family. It was easier to pretend everything was fine than to continually defend and explain our grief to those who couldn't understand. We turned to other grieving people because they were the only ones who knew what grief was really like."

~ Megan Devine



16 Types of Grief

1. Abbreviated Grief
2. Absent Grief
3. Accumulated Grief
4. Ambiguous Grief
5. Anticipatory Grief
6. Chronic Grief
7. Collective Grief
8. Complicated Grief
9. Cumulative Grief
10. Delayed Grief
11. Distorted Grief
12. Exaggerated Grief
13. Inhibited Grief
14. Masked Grief
15. Secondary Loss
16. Traumatic Grief

For details on each type - <https://www.eterneva.com/resources/types-of-grief>

GRIEF GROUPS

Loss of a Child: The Compassionate Friends - Support after the death of a child (online)

**All types of Grief: www.grief.com www.griefshare.org
www.griefncommon.com**

**Loss to overdose or suicide:
www.solaceforhope.org (local and online)**

Statements to AVOID

- I know how you feel
- Get over it
- This will make you stronger
- They're no longer suffering
- I'm here for you (unless you will be)

At Least...

- You can have another child
- You can get remarried
- You have other children
- You can get another pet

God Statements...

- God needed another angel
- God's timing is perfect
- She's in Heaven with God now
- God knows what he's doing, don't question him
- God needed him more than you did
- God never gives you more than you can handle
- It's God's will
- You'll see her in heaven
- He's in a better place
- Now you have an angel watching over you

You should...

- Have seen it coming
- Eat something
- Be thankful you have more kids
- Feel better by now
- Be thankful, it could have been worse
- Get out more
- Try yoga or meditation
- Get some rest
- See a therapist
- Be thankful it was painless
- Be happy they had a long life
- Put on a cheerful face around the kids/out in public

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A few books on Grief

