

# BEREAVEMENT SUPPORT

## Observing Grief

### Grief and Love

There is no set pattern, not for everyone and not even within each person. Each grief is unique, as each love is unique.

*There are no stages capable of containing all the experiences of love and pain.*

*There are no stages of grief.*

There is no finish line. This is not a race. Grief has its own lifespan, unique to you. There is no time when pain and grief are completed; you grieve because you love and love is part of you.

***“Love changes, but does not end”***

What will happen, what can happen, as you allow your grief, is that you will move differently with pain. It shifts and changes: sometimes heavy, sometimes light. Anger will happen. So will fear, peace, joy, guilt, relief, confusion, and a range of other things. You will flash back and forth through many feelings, often several of them at once. Sometimes you will be tired of grief. You will turn away. and you'll turn back. and you'll turn away.

Grief has a rhythm of its own.

**Grief can be absolutely crazy-making. This does not mean you are crazy.**

There is no way to do grief "wrong." It may be painful, but it is never wrong. Remember that there is no "closure." Grief is part of love, and love evolves. Even acceptance is not final: It continuously shifts and changes.

The truth is, you will seize up in the face of pain and soften into it, again and again, both things in rapid succession, and both things with silence in between. You'll find ways to live inside your grief, and in doing so, it will find its own right place. We all grow with grief

***“Your love, and your grief, are bigger than any stage could ever be”***

The only way to contain it is to let it be free.

Our grief is our own and we no doubt do the best we can with what we can handle at the time.

Adapted from <http://m.huffpost.com/us/entry/4414077?ir=Australia>

Megan Devine is the author of *"Everything is Not Okay,"* an audio program for grief. You can find her at [www.refugeingrief.com](http://www.refugeingrief.com). When you get there, click the contact tab to schedule a complimentary session to talk about your grief -- and your love.

***“Death does  
not end our  
story.  
Death does not  
end our  
relationships”***

The only people who think there's a time limit for grief, have never lost a piece of their heart.



Take all the time you need.

