

BEREAVEMENT SUPPORT

Widows/Widowers Bereavement Support

The second year after your loss of spouse/partner may well be harder than the first. Numbness wears off, reality sets in, and we want numb back. Shock in those early days and months after the death is a protective cocoon. Typically that first year is marked by necessary endings, friends and even family who exit our lives, necessary address changes, financial revisions, and calendars with revised priorities and activities

“It has been said, time heals all wounds. I do not agree. In time, the mind, protecting its sanity, covers them with scar tissue and the pain lessens. But it is never gone” (Rose Kennedy)

**“When will I stop hurting?
When will my pain of loss lessen?
Will I ever be truly happy, simply joyful again?”**

Supporting bereaved widows/widowers.....

Do not assume we need ‘space’ to grieve or to be left alone.

Stay connected. There is already a huge hole in our universe.

Do not tell us you understand.

Say you are sorry for our loss. We would rather you tell us you do not know what to say than tell us your story of losing your friend or even close relative. We may be able to listen to your story later, but not now.

Do not say: ‘Call me if you need anything.’

Do call and ask specifically, ‘Can we go for a walk together? Can I get something from the shops for you?’

Do not leave them out of the conversation.

Do refer to our spouse/partner’s acts or words—serious or humorous. We are so comforted by knowing our spouse/partner has not been forgotten.

Invite us to anything.

Do not assume we no longer want to participate in couples events. We may decline but will appreciate being asked.

Accept us we are, not where you are.

Marriages/partnerships are brief, long, healthy, dysfunctional, intense, and remote. Our experiences are so different, as are we. So is our *growth through grief*. Do not assume we go through a grief process ‘by the book.’

Make offers you will keep.

‘We’ll call you and we’ll go out to dinner.’ and then follow up. Yes, we are sensitive in our grieving, but we’d rather hear you say, ‘I’ve been thinking of you.’ Than make plans that don’t happen.

Avoid advice giving.

Ask ‘What would help?’ rather than tell us.

“Forever Loved”

*A Guide Book for
Widows & Widowers*

A comprehensive guide to Widowed Bereavement offering clear and practical advice to anyone who has lost a partner.

In writing this book, Aisling Pont and Maria Carr have drawn on their own personal experiences of bereavement as well as the experiences of the Ever After Widowed support group members

<https://www.facebook.com/foreverlovedwidow/>



*“Death does not end
our story...”*

*Death does not end
our relationships”*