



BEYOND SURVIVING

Here are some suggestions from those who have lived through and beyond the death of a loved one.

I Don't Know Why...

*I don't know why.
I'll never know why.
I don't have to know why.
I don't like it.
I don't have to like it.
What I do have to do
is make a choice about living.
What I want to do
is accept it and go on living.
The choice is mine.
I can go on living,
valuing every moment
in a way I never did before,
or I can be destroyed by it
and, in turn, destroy others.
I thought I was immortal.
That my family
and my children
were immortal too.
That tragedy happened
only to others.
But I know now that
life is tenuous.
So I am choosing to
go on living,
making the most of the time
I have, valuing
my family and friends
in a way never possible before.*

*-Iris M. Bolton
From My Son...My Son...
A Guide to Healing
After Death, Loss or Suicide*

1. Know you can survive. You may not think so, but you can.
2. Struggle with “why” it happened until you no longer need to know “why” or until you are satisfied with partial answers.
3. Know you may feel overwhelmed by the intensity of your feelings, but all your feelings are normal.
4. Anger, guilt, confusion, forgetfulness are common responses. You are not crazy - you are in mourning.
5. Be aware you may feel appropriate anger at the person, at the world, at God, at yourself. It's okay to express it.
6. You may feel guilty for what you think you did or did not do. Guilt can turn into regret through forgiveness.
7. Having suicidal thoughts is common. It does not mean that you will act on those thoughts.
8. Remember to take one moment or one day at a time.
9. Find a good listener with whom to share. Call someone if you need to talk.
10. Don't be afraid to cry. Tears are healing.
11. Give yourself time to heal.
12. Remember, the choice was not yours. No one is the sole influence in another's life.
13. Expect setbacks. If emotions return like a tidal wave, you may only be experiencing a remnant of grief, an unfinished piece.
14. Try to put off major decisions.
15. Give yourself permission to get professional help.
16. Be aware of the pain of your family and friends.
17. Be patient with yourself and with others who may not understand.
18. Set your own limits and learn to say no.
19. Steer clear of people who want to tell you what or how to feel.
20. Know that there are support groups that can be helpful, such as Compassionate Friends. If not, ask a professional to help start one.
21. Call on your personal faith to help you through.
22. It is common to experience physical reactions to your grief, such as headaches, loss of appetite, inability to sleep.
23. The willingness to laugh with others and at yourself is healing.
24. Wear out your questions, anger, guilt or other feelings until you can let them go. Letting go doesn't mean forgetting.
25. Know that you will never be the same again, but you can survive and even go beyond just surviving.

-Iris M. Bolton

*Reprinted with permission from Suicide and Its Aftermath
(Dunne, McIntosh, Dunne-Maxim, Norton and Co., 1987)*

Distributed by The Link's National Resource Center for Suicide Prevention and Aftercare
348 Mt. Vernon Highway, Atlanta, GA 30328 Phone: 404-256-2919
www.thelink.org email: linknrc@bellsouth.net