

## MY WISH LIST

By unknown author

I wish you would not be afraid to speak my loved ones name. They lived and they were important and I need to hear their name.

If I cry or get emotional, if I talk about my loved one, I wish you knew that it isn't because you have hurt me. The fact that they died has caused my tears. You have allowed me to cry and I thank you. Crying and emotional outbursts are healing.

I wish you wouldn't let my loved one die again by removing from your home their pictures, artwork and other remembrances.

I will have emotional highs and lows, ups and downs. I wish you wouldn't think that if I have a good day that my grief is over, or that if I have a bad day that I need counseling.

Being a bereaved person is not contagious, so I wish you wouldn't stay away from me.

I wish you knew that all of the "crazy grief" reactions that I am having are very normal.

Depression, anger, frustration, hopelessness, and the questioning of values and beliefs are to be expected after a death.

I wish that you wouldn't expect the death to be over in six months. The first two years are going to be very traumatic for me.

I wish you understood the physical reactions to grief, I may gain or lose weight, sleep all the time or not at all.

Our loved one's birthday, the anniversary of their death, and the holidays are terrible times for us. I wish you could tell us that you are thinking of them on these days.

And if we get quiet and withdrawn just know that we are thinking about them and don't try to coerce us to be cheerful.

I wish you wouldn't offer to take me out for a drink or to a party. This is just a temporary crutch and the only way to get through this grief is to experience it. I have hurt before and I can heal.

I wish you understood that grief can change people. I am not the same person that I was before my loved one died. And I will never be that person again. If you keep waiting for me to "get back to my old self", you will be frustrated. I am a new creature with new thoughts, dreams, aspirations, values and beliefs. Please try to get to know the new me – maybe you will still like me.