

# SIGNS OF RECOVERY

There are signs of recovery from grief and grieving, some of which are as follows:

1. You freely ventilate feelings whenever you need to express the pain of grief
2. You own the painful reality of separation from a loved one.
3. You ask for and accept help from others.
4. You realize that grief is a process and recovery is a choice.
5. You realize that bereavement offers an opportunity for growth and creativity.
6. You develop a new sense of self and renewed vigor.
7. You understand that your life has taken on a new direction.
8. You discover that you are able to make new relationships.
9. You can accept the changes that growth causes.
10. You make an effort to live each day fully and enjoy it.
11. You can laugh and enjoy being with others.
12. Taking care of yourself is not only OK, but it feels good.
13. The future is not so frightening.
14. You can handle “special days” without falling apart.
15. You want to reach out to others in need or pain.
16. You now enjoy activities that you had given up after the death of your loved one.
17. You can share humorous memories without crying.
18. Your emotional roller coaster is slowing down.
19. You can actually see your progress.
20. You skip or forget a ritual such as visiting the cemetery and there is no guilt.
21. Do not be alarmed if one day you suddenly feel the pangs of grief again and believe that you are slipping back into the valley of grief. These moments will come when you least expect it, but you will be able to handle the situation without panic.
22. Since the death of your loved one, your life will never be what it once was – and that is reality. Life has taken on a different direction and you will never forget your loss but the pain will become bearable and at times touching the tender memories will not elicit pain at all.