

Gentleness with words and actions

You've lost a part of yourself. Some of your dreams about the future have died with your child. For a long time you may feel completely empty, as if you have no love to give—even for your partner or other children.

Be gentle in your words and actions. Your interaction and communication with your loved ones during this grieving time can either be healing and bonding or completely devastating—to you and to them.

“Our hearts are broken...

Our world seems like it has ended.”

-Sherokee Ilse, Empty Arms-

Talk is healing. Talk is bonding.

Although every person's grief is unique, anger, depression, guilt, fear and isolation are all common emotions experienced by one who has suffered a close loss. These emotions, and others, will overwhelm you, then recede, in unpredictable waves. As adults, we tend to seek blame in others, yet women often feel personally responsible and are reluctant to share these feelings. Men are not always talkative about their feelings anyway and can easily be isolated in their grief. Children are sometimes told nothing, leaving them completely out of the loop and left to create their own fears and self-blame. No matter how difficult it seems, talk is healing; talk is bonding. Talk about fears, feelings, and the pain together, and include the children, if any are in the family. Professional family counseling or a support group may offer a “safe place” to share your grief.