

Everyone Grieves Differently

Grieving is a personal and highly individual experience.

How you grieve depends on many factors including your personality and coping style,

your life experience, your faith and the nature of the loss.

The grieving process takes times. Healing happens gradually; it can't be forced or hurried - and there is no "normal" timetable for grieving.

Some people many feel better in weeks or months.

For others, the grieving process is measured in years.

Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

Contact SafeHavenForWidowed

Registered ® 2010 Safehavenforwidowed.org

© copyright 2013- 03-18 16:36:34 - All Rights Reserved