

Grief can be a roller coaster

Instead of a series of stages, we might also think of the grieving process as a roller coaster, full of ups and downs, highs and lows.

Like many roller coasters, the ride tends to be rougher in the beginning, the lows may be deeper and longer.

The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss.

Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief.

Source: Hospice Foundation of America

Contact SafeHavenForWidowed

Registered ® 2010 Safehavenforwidowed.org

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