










MAKING PROGRESS THROUGH GRIEF

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You know you're making progress through grief when:

-  **You don't always choke when you say your loved one's name**
-  **Tears don't always well up in your eyes when you think of your loved one**
-  **The CAUSE of death isn't the emphasis anymore.**
-  **Memories, for the most part, bring comfort, not pain.**
-  **You realize your plans don't include your loved one any more.**
-  **You realize you are someone different.**
-  **You can forgive yourself for living, when your loved one did not.**
-  **Your identity is no longer highlighted by the word BEREAVED.**
-  **You KNOW that even though your loved one died, the love between you can never be destroyed**

May Love Be What You Remember The Most

