
*The Lord is close to the brokenhearted
and saves those who are crushed in
spirit.*

Psalm 34:18

Adapted from materials of the
National Catholic
Bereavement Ministry

If you or a loved one is grieving,
please contact the parish office to
see what resources are available to you.



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Working With Your Grief

CATHOLIC GRIEF SUPPORT SERIES



Bereavement Ministry Leader Support
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Working With Your Grief

Your life has been changed forever.

This is a reality that takes time to absorb fully. Those who are grieving often feel emotional and social isolation, anger, and loss of vigor for life. Try not to be too hard on yourself.

One exercise you can do to connect with some of the life, energy, and the resources of the relationship that you had with your loved one is to close your eyes and, instead of seeing the person who died as small and distant, see the person life-size. Instead of seeing (her/him) far away; see (her/him) close beside you. Instead of seeing (her/him) being still, see (her/him) moving.



You cannot replace the person you loved, but you can preserve the benefits and the qualities of the relationship. Maybe there was warmth, intimacy, and deep friendship.



Key points to remember:

- We will experience a wide range of emotions.
- It is important to preserve the benefits and qualities of the lost relationship.
- It may be helpful to write a letter to your loved one.
- Writing a letter can help you express or verbalize many of the interior emotions you have.

Grieving is a journey that teaches us how to love in a new way now that our loved one is no longer with us. Consciously remembering those who have died is the key that opens the hearts, that allows us to love them in new ways."

-Tom Attig, The Heart of Grief

Maybe there was intelligence, humor, and liveliness. Maybe you appreciate yourself more because of your relationship. Whatever it is, take those qualities and values that were present in your relationship in the past and imagine what form those values and qualities might take in your future, as they continue to live in you.

You may want to try writing a letter to the person who died answering the following questions:

- What qualities do I miss most about you?
- What will I miss about our relationship?
- What do I wish I hadn't said?
- What do I wish I would have said?
- What do I wish I would not have done?
- What do I wish I would have done?
- What is the hardest thing I have to deal with?
- What is one special memory I have of you?
- What are some ways you will continue to live on in me?

We pray these suggestions will be helpful for you and allow you to feel the love of the person who died.