

I Am Grief

Let me introduce myself, I am GRIEF. I am greatly misunderstood and often times looked down upon. People don't often associate me with anything positive, fun or good. The fact is that if you want to empty a room, or put a damper on a party... simply mention my name. Folks actually like to run from the mere thought of me for fear they will get lost or stuck with me. In my opinion, the average person only understands me to the level they have truly experienced me.

My intention here is to roll back the covers and to open myself up. Please feel free to take a look into the very essence of what I am. My hope would be that you and I could work together, that I could become a resource that you consider a help rather than a hindrance in your life. First, let's clear the air about some of the biggest misconceptions about me. I do not cause your pain; your pain is caused by the loss or change you have experienced in your life. Staying busy or trying to not think about your loss does not make me disappear. I will never completely go away. I was born with you, and I will die with you. I am not your enemy; I am indeed your friend.

You might not have known it, but when you had to sleep that first night without your tattered security blanket because your mom forced you to let it go... I was there. When your best friend moved away and you were sad, I was with you. The first time your heart was broken, that job you were let go from, the last day of your senior year, the moment you were told your loved one had died... I was there with you... and I am here now.

The truth is I have always been here for you as a vehicle that allows you to process all the emotions surrounding the losses in your life. Together we can help you to move forward in your life, without leaving behind or letting go of the love, laughter, memories, and even the pain that these experiences and relationships have brought into your life.

I am here to help you heal, to help you walk through and fully feel all the changes in your life. If you will allow me to walk with you, I promise I can enrich your life and provide you with an opportunity to grow and learn from even the most painful of losses.

I know you may be hurting, and you wonder how you will ever find life to be good again... I know it is difficult to be vulnerable enough to lean into me... but give it a try... I can be that soft place for you to fall... an understanding place to release that tear... I want you to laugh, I want you to cry, I want you to feel... I want you to begin to heal...

I am Grief.

Author Unknown