

Bereaved Parents of the USA

We, as bereaved parents, help grieving parents and families rebuild their lives following the death of a child



A Pair of Shoes

I am wearing a pair of shoes.
They are ugly shoes, uncomfortable shoes.
Each day I wear them, and each day I wish I had another pair.
Some days my shoes hurt so bad that I do not think I can take another step.
Yet, I continue to wear them.
I get funny looks wearing these shoes.
They are looks of sympathy.
I can tell in other's eyes relief that they are my shoes and not theirs.
They never talk about my shoes.
To learn how awful my shoes are might make them uncomfortable.
To truly understand these shoes you must walk in them.
But once you put them on, you can never take them off.
I now realize that I am not the only one who wears these shoes.
There are many pairs in this world.
Some men/women are like me and ache daily as they try to walk in them.
Some have learned how to walk in them so they don't hurt quite so much.
Some have worn the shoes so long that days go by before they think about how much they hurt.
No man/woman deserves to wear these shoes.
Yet, because of these shoes I am a stronger woman/ man.
These shoes have given me the strength to face anything.
They have made me who I am.
I will forever walk in the shoes of a man/woman who has lost a child.



Author Unknown



*Grief is a process.
Recovery is a choice
The way we grieve is a decision.*

