

Thanksgiving Perspectives From Families Who Have Lost a Child

Article written by Jean Johnson



As we enter November season, fall's colorful leaves remind us that Thanksgiving is approaching. It is easy to let the crushing pain of grief, cloud our perception of thankfulness.

Actually, reading this article in the beginning of November will help to gain some new thoughts on how to choose thankfulness, even when grief looms high.

I have collected some ideas that other grieving families have used, which may help you deal with this time of year by learning gratitude even in loss.

- ★ Remember to give “thanks” for what we had and our memories, love and feelings in our hearts can never be taken from us unless we let them. This year, give thanks that the grief we feel is based on the enormous love we’ve shared! [“Hope for the Holiday Season”](#) by Patti Cox.
- ★ Cherish the days my loved ones were with me so that they will always outnumber the days I feel their loss. [“Making a Place At The Table For Grief On Thanksgiving”](#) by Saeed Jones, BuzzFeed Literary Editor.
- ★ Don’t do more than you want, and don’t do anything that does not serve your soul and your loss. [“Grief & The Holidays, Dealing with the Pain”](#) posted on Grief.com.
- ★ Death reminds us that life is precious, temporary and not to be taken for granted or begrudged. A daily practice of thankfulness such as a meditation, affirmation, or journal entry is a great way to stay positive and aligned with the awareness of the awesome gift of life. [“What Death Taught Me About Life: 5 Inspirational Lessons”](#) by Joyce Marter LCPC.

When loss has sucked the life out of you, and you struggle to fight your way to the surface to breathe...remember, you will breathe again. You will learn to smile again. Take the time even while in pain, to look and appreciate the things around you to be thankful for. Learn to cultivate gratitude while you hurt, and it will slowly open you to goodness in the small things missed.

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Jean Johnson – Jean’s grief journey began in October 2006 when her daughter was murdered. Jean knows the value of self-help through reading and wants to encourage others to read as well. When she finds a book that she believes will help others, she writes a review to encourage them to seek it out and invest their time in reading as a means of healing after loss.