

YOU MAY NOT KNOW...

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- You don't "get over" a significant loss.
- It takes a long time to feel normal again.
- No one can tell you how to grieve.
- Healthy grieving requires the release of emotional pain.
- Grief changes you and your priorities.
- You may feel like isolating and being alone.
- Grieving is not forgetting but remembering in a new way.
- There are primary and secondary losses.
- You will discover triggers that stir your grief.
- Unresolved conflicts and issues from the past will surface.
- Not everyone you think will be there for you will be there.
- Your grief will teach you things about yourself.
- Society will not understand your grief journey.
- You can do more than you think you can.

