

I knew I was getting better when...

The butterflies left my stomach

I could get to sleep, stay asleep and not wake up until 6:45 a.m.

I could have a good time without feeling guilty

I could attend a family gathering without “laughing on the outside, but crying on the inside”

Little things bothered me again

I could hear my loved one’s favorite song and not sob

I could look forward to the future

I realized I think more about my loved one’s life now than about their death

I could tell my story without crying or falling apart

I could participate in an activity like swimming or exercise because I wanted to, not out of frustration

I no longer have to be busy all the time

I didn’t feel sorry for myself 24 hours a day

I could remember my loved one’s face with a smile

I could reach out to help someone else

I stopped dreading the holidays and anniversaries

I could sit through a religious service without crying

I could be left alone in my house without it bothering me

I could concentrate on something besides my loved one

I no longer felt I had to go to the cemetery every day or every week

I could find something to laugh about

I no longer felt exhausted all the time

I could appreciate a sunset, the smell of newly mowed grass and the pattern on a butterfly’s wing