

Can Grief Be Delayed?

You are no doubt experiencing many intense emotions...some leave you feeling hopeless, drained, and confused. Because you are so overwhelmed and not ready to face these feelings, it may seem easier to ignore them altogether. You might be tempted to put on a brave face and convince yourself that you don't have time to deal with this right now, and that you'll do it later. Unfortunately, you are only delaying your grief, and in the least expected moments, these feelings will resurface and make you feel worse.

If you find yourself becoming more irritable and snapping at people close to you, difficulty concentrating, sleeping, or performing everyday tasks, you may be experiencing unprocessed grief. *Remember that when we delay grief it does not mean it has disappeared*, but has only been suppressed! Eventually, it will come to the surface in other, unhealthy ways.

You may wonder why you're having such a difficult time and aren't "strong enough to get through this." Please hear me...the way you're feeling has nothing to do with how strong you are...you are grieving! Embrace your grief, do not try to mask or ignore it!

Look at the pictures of your loved one, write in a journal, or share your feelings with someone who will listen with an open heart.