

How Will I Know When I'm Done Grieving?

After a significant loss, you may be consumed and overwhelmed by the grief reactions you are experiencing. In time, as the reality of the loss sinks in, and all the changes as a result of the loss have been experienced, you will learn to adjust to living with your loss. Eventually, even after significant loss, you will realize you are grieving less as you discover renewed energy in living. You will become less consumed by the impact of the loss and begin to draw comfort rather than pain from the memories. In a sense, you are never “finished grieving.” With a significant loss, there will always be moments when you will remember the loss, and perhaps you will experience some of the feelings of grief, as in the times of “sweet sadness” mentioned above. Fortunately, the time period between these surges will lengthen considerably as you learn how to cope with your loss.