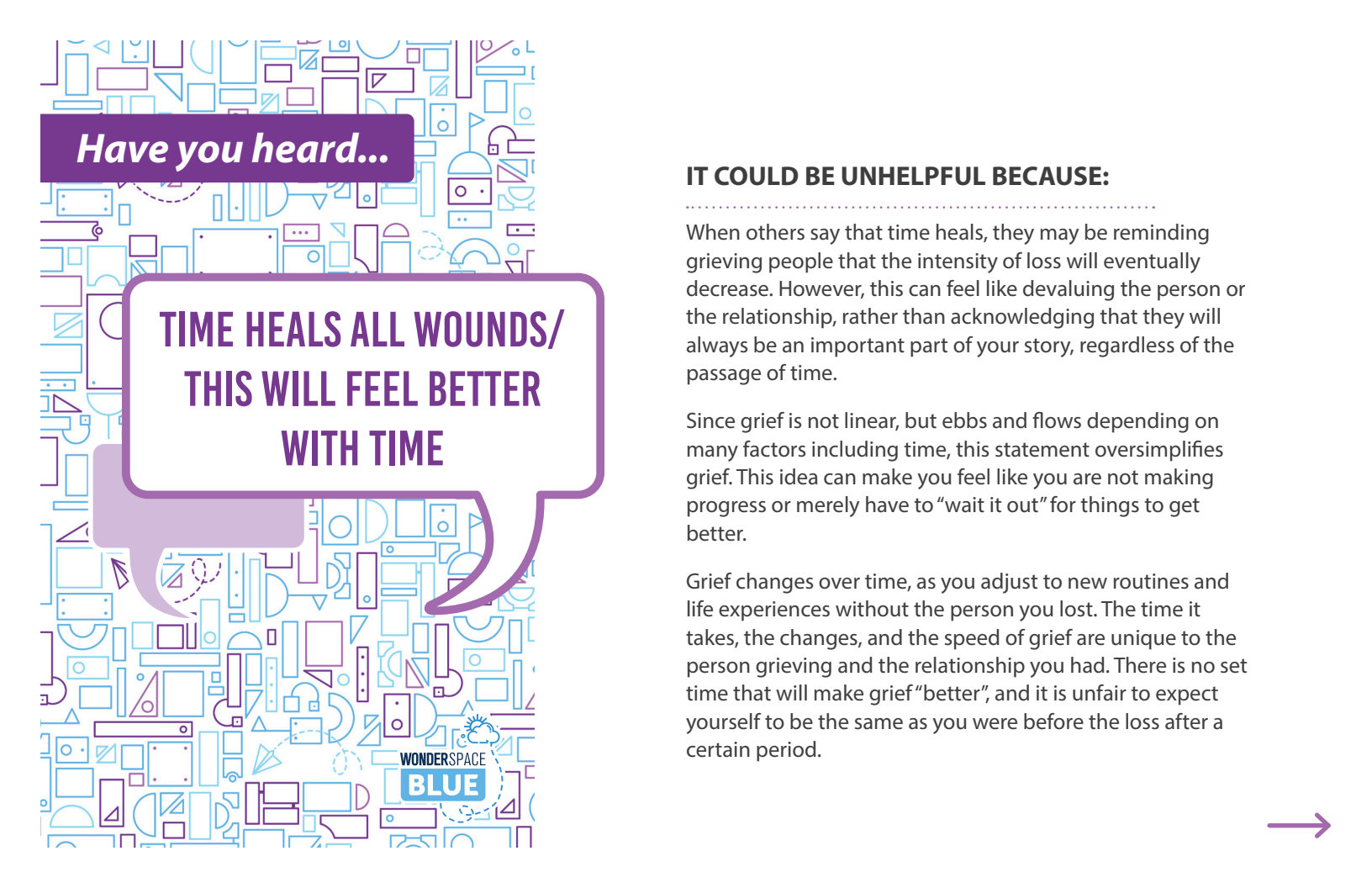




Have you heard...

**TIME HEALS ALL WOUNDS/
THIS WILL FEEL BETTER
WITH TIME**

WONDERSPACE
BLUE

IT COULD BE UNHELPFUL BECAUSE:

When others say that time heals, they may be reminding grieving people that the intensity of loss will eventually decrease. However, this can feel like devaluing the person or the relationship, rather than acknowledging that they will always be an important part of your story, regardless of the passage of time.

Since grief is not linear, but ebbs and flows depending on many factors including time, this statement oversimplifies grief. This idea can make you feel like you are not making progress or merely have to “wait it out” for things to get better.

Grief changes over time, as you adjust to new routines and life experiences without the person you lost. The time it takes, the changes, and the speed of grief are unique to the person grieving and the relationship you had. There is no set time that will make grief “better”, and it is unfair to expect yourself to be the same as you were before the loss after a certain period.





The goal of grief is not to forget the person you lost, or even for the grief to decrease because enough time has passed. The goal is to metabolize the loss, allowing the relationship and loss to shape your thoughts, feelings, and behavior in a way that allows for healthy growth while honoring the relationship and the difference that person made. While time is a part of that equation, it does not work alone.

In his book “Changes that Heal,” Henry Cloud talks about redemptive time, noting that there is a difference between allowing time to pass and making space for God to work through the passage of time. Grief can remain frozen in time when it is not processed, but time can be an agent God uses, along with healthy emotional expression and connection with community, to help grief become more manageable.



You could say:

- **“Feelings change every single day, often lots of times every day.”** You might notice that your feelings about this loss are harder one day and easier another day, because grief doesn’t really follow a pattern of time very closely. Eventually, those feelings will get easier to handle, but that doesn’t mean you stopped loving or missing the person you lost.
- **“Because the person you lost was so important, that relationship is something that will always be a part of you.”** What are some things you will always remember about your person? How did knowing them or being around them change you?
- **“Grief can be really hard work.”** The way that people start to feel better usually involves some waiting, but also involves connecting with other people, feeling your feelings, and talking about the changes in your life since the loss. Some people choose to do things that remind them of their person on special days, such as their birthday, or the day of the month when they died. Some ideas include writing a letter about what has been happening in the last month, writing a note to someone who has been helpful, or making a collage about changes that have happened since the person died.