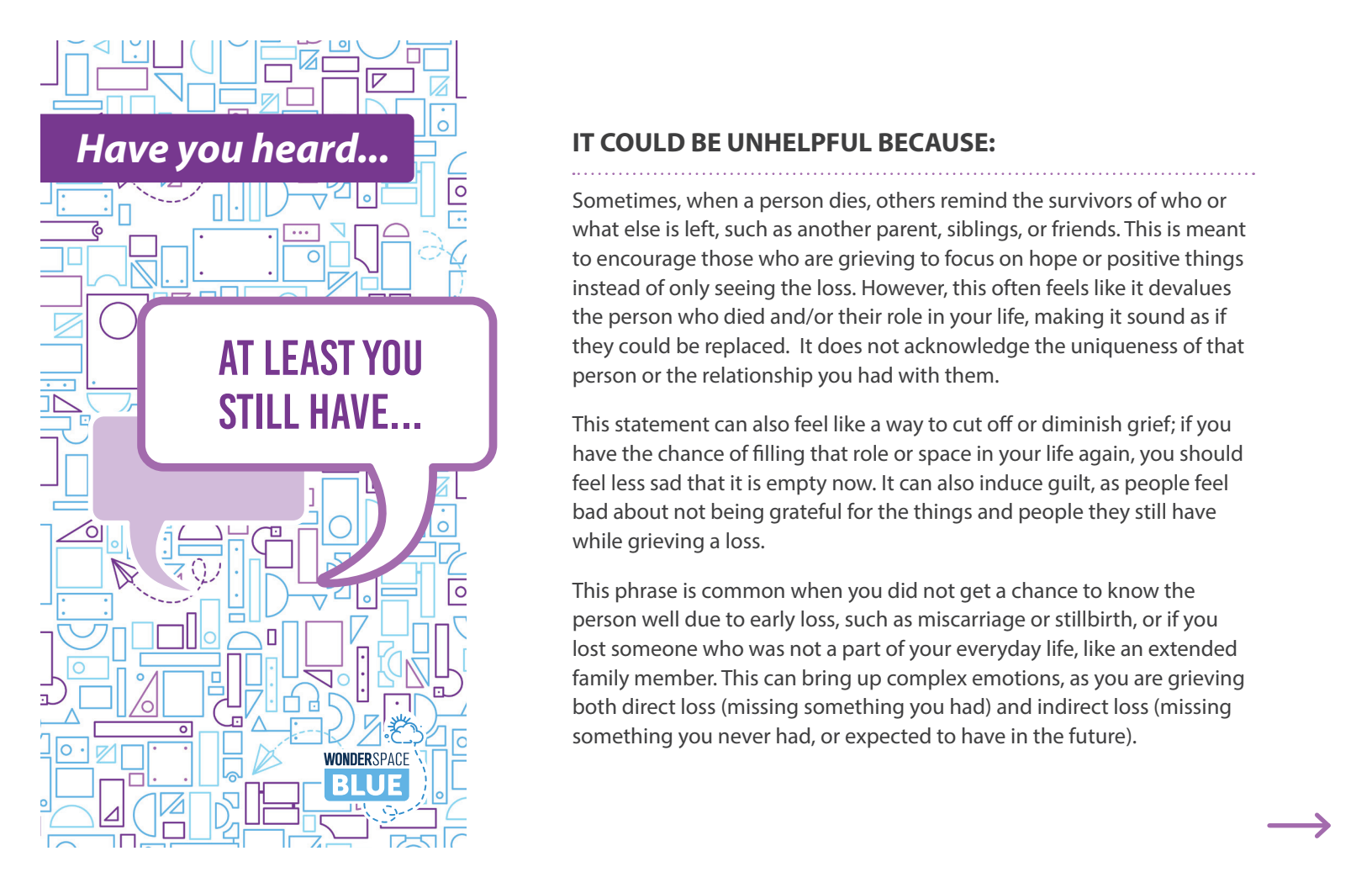




Have you heard...

**AT LEAST YOU
STILL HAVE...**

WONDERSPACE
BLUE

IT COULD BE UNHELPFUL BECAUSE:

Sometimes, when a person dies, others remind the survivors of who or what else is left, such as another parent, siblings, or friends. This is meant to encourage those who are grieving to focus on hope or positive things instead of only seeing the loss. However, this often feels like it devalues the person who died and/or their role in your life, making it sound as if they could be replaced. It does not acknowledge the uniqueness of that person or the relationship you had with them.

This statement can also feel like a way to cut off or diminish grief; if you have the chance of filling that role or space in your life again, you should feel less sad that it is empty now. It can also induce guilt, as people feel bad about not being grateful for the things and people they still have while grieving a loss.

This phrase is common when you did not get a chance to know the person well due to early loss, such as miscarriage or stillbirth, or if you lost someone who was not a part of your everyday life, like an extended family member. This can bring up complex emotions, as you are grieving both direct loss (missing something you had) and indirect loss (missing something you never had, or expected to have in the future).





Though several people may fill similar roles, one person can never replace another. For instance, you can love and value one child, while recognizing that they are different than another. It is possible to be grateful for those still in your life and grieve the loss of another at the same time.

Even if others are present in a similar space to the person you lost, that does not negate your loss or grieving process. In scripture, Job lost his children, and God later gave him other sons and daughters and things he had lost. Job's friends and family still consoled him over the initial losses, despite later gains and new relationships (Job 42:10-13).

Part of the grieving process is learning how to live with hope for the future. Like other emotions in grief, this will ebb and flow. It is okay to feel hopeful that you may have others in your life whom you will love in similar ways to the person you lost. It is also okay to recognize that no one will ever take that particular person's place. Hoping that this role will be filled does not mean you forget the person or their place in your life.

You could say:

- **“No one can ever replace the person we lost.”**
Sometimes, more than one person has the same title or role, like you have more than one friend or more than one uncle. But each person is still unique, and your connection with them is individual and special. Someday, other people might come into our lives with the same role as that person, but they won't take that person's place or make you forget about them. What are some ways that person or the connection you had with them was one of a kind?
- **“Grief comes with a lot of emotions all mixed up together, and one of those is hope for the future, because we know that at some point all of this will feel better than it does right now.”** It's okay to hope that other people will be able to fill that role in our lives. We can remember the person we lost and still let other people be present too, whether that happens now or a long time in the future.