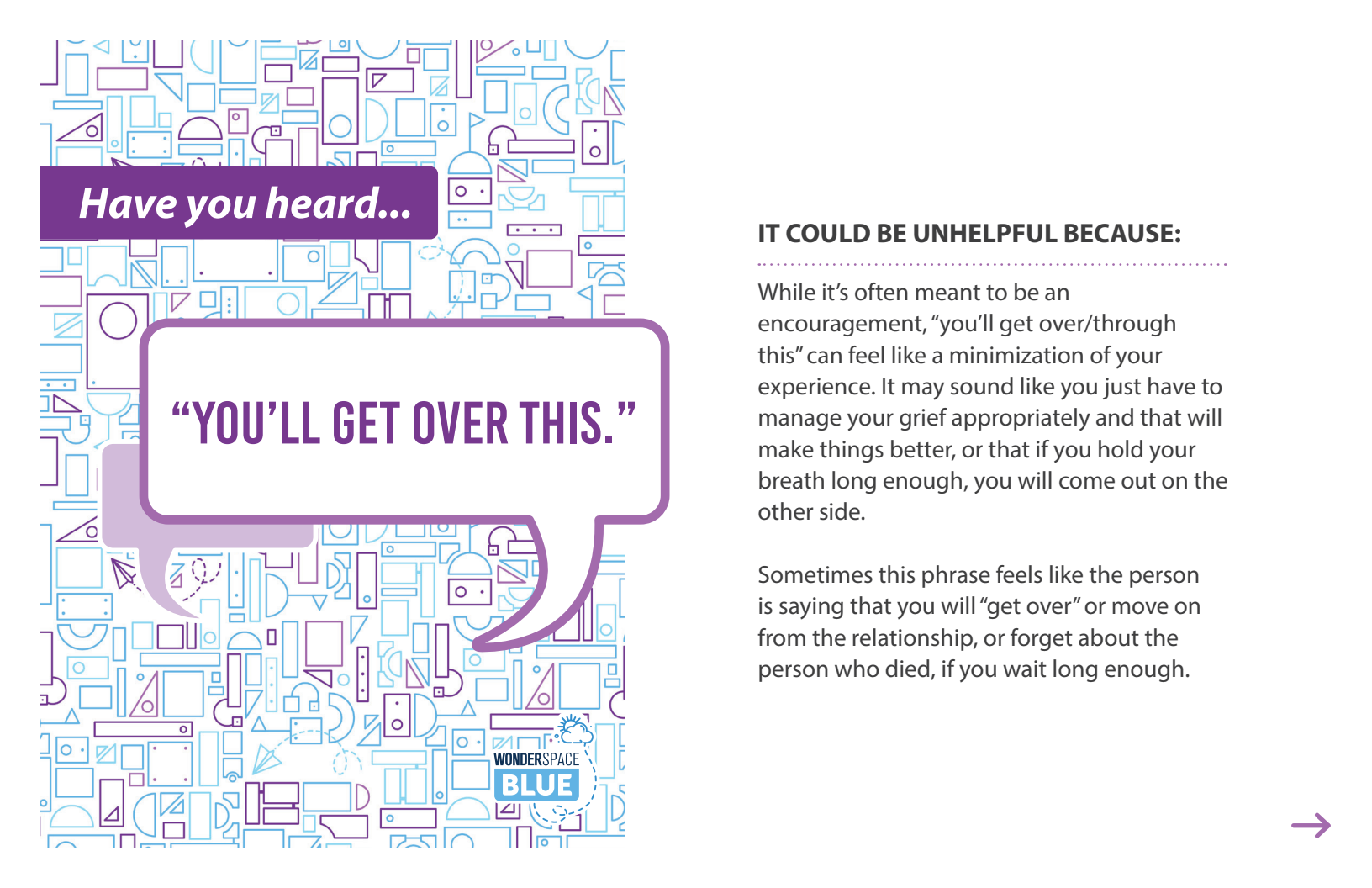




Have you heard...

“YOU’LL GET OVER THIS.”

WONDERSPACE
BLUE

IT COULD BE UNHELPFUL BECAUSE:

While it’s often meant to be an encouragement, “you’ll get over/through this” can feel like a minimization of your experience. It may sound like you just have to manage your grief appropriately and that will make things better, or that if you hold your breath long enough, you will come out on the other side.

Sometimes this phrase feels like the person is saying that you will “get over” or move on from the relationship, or forget about the person who died, if you wait long enough.





Initially, grief takes up all the emotional space you have, with almost everything reminding you of the person who died or how they died. Over time, grief becomes less dominant. While the grief is still present, you will be able to see other things at the same time. Other parts of your life will grow and develop. Your grief will always have its own space, and that space will change as other parts of life change.

Grief is a normal developmental process, which means that it will change with time. Allowing for and engaging actively with your grief will make this process happen more naturally and easily.

The intensity of grief will ebb and flow over time. You can value the relationship you had, and feel more and less intense grief depending on what else is going on around and inside you.

You could say:

Show a video of an ocean wave. While watching the video share, "I like to think about grief as a wave. It may feel hard today and tomorrow may feel easier. Then it may feel hard again. Grief changes over time. Right now the waves may feel big, but as you get older it may change and the grief will feel like smaller waves. Usually at first there are a lot of hard days, and after a while they happen less often. You'll always remember the person who died and care about them, but sometimes it will be easier or harder to think about them."