



## *How do I know when I am healing?*

Healing from grief can be a long, drawn out process. Grief requires the passage of time to readjust to the feelings of loss. In the beginning we may have wondered if we will ever get through it. As months went by we may have felt as if we're not healing. However, healing is happening, and we are learning to survive the loss.

Healing occurs over time. The pain of grief forces us to feel our pain, adjust to our losses and find new meaning to our lives. How do we know when we are healing?

1. We know we are healing when we can remember and talk about loved ones without much emotional pain.
2. We know we are healing when we can experience the full range of human emotions once more.
3. We know we are healing when we can begin to reinvest our emotional surpluses.
4. We know we are healing when good days begin to outweigh bad days.
5. We know we are healing when we can begin to carry out the routine of our daily lives in an effective and comfortable manner.
6. We know we are healing when life starts to feel in balance.
7. We know we are healing when we have positive ways to deal with the stress we experience.
8. We know we are healing when we have realistic expectations of ourselves and of others.
9. We know we are healing when we can learn from our experiences.
10. We know we are healing when we find that life has purpose and meaning once again.

*Grieving: The Pain and the Promise* by Deanna Edwards