

A Commitment to Life

**Death is a reality that I am coping with today
While I am feeling like a victim.
I remind myself that I will survive.**

**Though grief is normal and I must grieve for my own health's sake
I grieve not as one who has no hope.**

**Though I am familiar with sharing decisions,
Sharing experiences,
And doing for another as well as myself.**

**I can be alone without feeling lonely, I can make decisions for myself,
And I can learn to do for myself all that needs to be done.**

**More than any other, I know what is best for me.
I will act on my own advice, as well as others
As much as possible, I elect to be in charge of my life.**

**I will remember, I cannot help that.
I do have some control over how long the memories linger.
I have a choice as to how I deal with my pain.**

**I give myself permission to live,
To face reality and change it where I can
And accept it where I cannot.**

**Like any other human being, I need to be close to another, at times.
The death of one so loved does not change that need.
I will actively seek closeness with others as the need arises.**

**I choose to live and expect the best that life has to offer.
While death is a reality, I will remember that
Neither death nor life shall separate us from the love of God.
I am not alone.**

**I make my commitment to live life to the fullest,
With God's help.**