

Personal Attributes that Help the Bereaved

During this time of grief you may not feel that you possess these qualities in very large amounts. However, begin by assuming that you do have them. Picture how you would act if you could increase these attributes in yourself.

COURAGE	You need the courage to face your feelings in order to grieve. Courage is not the absence of fear, but having the willingness to go on when fear is present.
PATIENCE	Accept that you will not always be strong and that grief will take time.
RESILIENCE	The capacity to bounce back from stress and to go on is something we can learn. Our ability to do this increases with experience.
PERSEVERANCE & ENDURANCE	Have faith that you will get through the pain.
CAPACITY TO DISTANCE	It can be helpful to step back and view life from afar and see what has happened, is happening, and move ahead.
SENSE OF HUMOR	Regaining your ability to smile and laugh is not a betrayal to your loved one who has died. It is not a betrayal to your pain. Grief is a strange mixture of many emotions. Laughter and humor may provide you some necessary relief and strength in the midst of your experience of suffering.
OPENESS TO OTHERS	Many people say that without friends and family to support them, they would have had a far more difficult time with pain and loneliness during their period of grief. Choose your confidants carefully. Use your support network.
CONSIDER THESE MESSAGES	<ul style="list-style-type: none">• I will not hide my love from people.• I resolve to help others in need of support.• I am strong.• I can grow from pain.• I intend to live my life to the fullest. Life is precious.• I have learned.

For where your treasure is, there will be your heart also.

Matthew 6:21