

How Do You Know You Are Feeling Better

Although everyone has her/his own style and time of grief, you can measure your progress by certain feelings and behaviors, which come about, as you feel better.

- As your sense of humor returns, and you find yourself laughing, you know you're feeling better.
- As you find your mood swings are not so high and so low, you can feel the time lengthen between upsets.
- When you hear yourself giving some human qualities to your deceased loved one as you recall past moments, then you know you're moving through the worst of your grief.
- As you find yourself making major decisions, you take responsibility for determining the quality of your life... you're feeling better.
- When you are making new friends, you insure that you will have support people around you in the future and seldom have to be lonely.
- Finally, when you learn that your life is in your hands and that you are capable of taking charge, you'll know you are truly growing.