

MY WISH LIST

- ❖ I wish you would not be afraid to speak my siblings name. They lived and were important and I need to hear their name.
- ❖ If I cry and get emotional if we talk about my loved one, I wish you knew that it isn't because you hurt me; the fact that they died causes my tears. You have allowed me to cry and I thank you. Crying and emotional outbursts are healing.
- ❖ I will have emotional highs and lows, ups and downs. I wish you wouldn't think that if I have a good cry my grief is all over, or that if I have a bad day I need psychiatric counselling.
- ❖ Being a bereaved sibling is not contagious, so I wish you wouldn't stay away from me.
- ❖ I wish you knew that all the 'crazy' grief reactions I am having are in fact very normal. Depression, anger, fear, hopelessness and questioning of values and beliefs are to be expected following a death.
- ❖ I wish you wouldn't expect my grief to be over in 6 months. The first few years are going to be exceedingly traumatic for me. As with alcoholics, I will never be 'cured' or a 'formerly bereaved', but forevermore be recovering from my bereavement..
- ❖ I wish you understood the physical reaction to grief. I may gain weight, lose weight, sleep all the time, or not at all, develop a host of illnesses and be accident prone, all of which are related to my grief.
- ❖ My siblings birthday, the anniversary of their death, and the holidays are difficult times for me. I wish you could tell me that you are thinking of me and them on these days. And if I get quiet and withdrawn, just know that I am thinking about them and don't try to coerce me into being cheerful.
- ❖ I wish you wouldn't offer to take me out for a drink, or to a party, this is just a temporary crutch and the only way I can get through this grief is to experience it. I have to hurt before I can heal.
- ❖ I wish you understood that grief changes people. I am not the same person I was before my beloved died. If you keep waiting for me to 'get back to my old self', you will stay frustrated. I am a new creature with new thoughts, dreams, aspirations, values and beliefs. Please try to get to know me - maybe you'll still like me.