

Elements of a Stabbed/Broken Heart

1. You miss what you received. Separation causes a tremendous void or hole in your life.
2. Emptiness, loneliness, and guilt...a sense of being incomplete...all these change the meaning of your life.
3. Words cannot express the pain caused by the loss of affection and touch in your life.
4. You feel cheated. Your hopes, dreams, and plans have been crushed.
5. You are haunted by ifs/if onlys, regrets, and painful memories.
6. You do not know the whole truth about the causes of death or the circumstances surrounding the death.
7. You experience being tormented by “videotape replays” of an inappropriate or unhappy death.
8. You have had a bad experience with persons - systems you expected to support you (i.e., doctor, nurse, hospital, funeral director, clergy, life squad).
9. You feel disturbed by fears that you cannot go on living.
10. You feel rejected, deserted, abandoned, useless, not needed anymore.
11. It takes time for the fullness of the reality to sink in. You never again will see your loved one(s) here on earth. The absence, the letting go, the goodbye is permanent during this life on earth.
12. You experience psychic numbness, a sense of being unprepared for the death, a sense that you are in the midst of a nightmare or a terrible illusion.
13. You are overwhelmed by questions and doubts: about yourself; about your future; about others; about God, Church, and faith.
14. Anger, guilt, and depression are three emotions you frequently have.
15. You worry about being a burden to others. You don't want to trouble people or to upset their lives.
16. Wherever you go, whatever you do, you find no peace.
17. Even though your hurt is enormous, you have to be an actor and not show the hurt.
18. Hurtful comments from others add to your grief.
19. You are tempted to deny the death or the dying process.
20. It's very hard to tell people later on who didn't hear about the death.
21. You fail to share your grief because you've been put on a pedestal by others and you want to try and live up to the image of being an inspiration.

