

MY WISH LIST

Please do not be afraid to speak with my loved ones' name. Hearing their name reminds me of the relationship you and I had with them.
I need to remember them and want you to remember them too.
Talking will help me to heal.

I may not be strong. I am feeling a range of emotions and need you to listen and accept these feelings unconditionally.

If I cry or get upset when you talk, it is not because you have hurt me.
I cry because I am sad at the loss of my loved one.
Crying helps me to heal.

Please do not stay away from me or tell me to call you if I need anything.
I do not know what I need right now.

If you tell me what I should be doing, it makes me feel worse because I am not doing things right.
I am doing this my way – my grief is unique to me.

I will not "get over" this straight away or even in a few months. I am grieving and I will never forget my loved one. The first two years will be most difficult for me –
I will learn to live with this but I don't have to accept it.

I will have highs and lows, good and bad days. Sometimes a powerful surge of grief may come over me.
This is normal and natural – please do not judge my grief.

Anniversaries, birthdays and holidays will be difficult times. It would help me if you acknowledge this, send a card or talk to me about my loved one. Also understand if I withdraw and need quiet time.

I will change as a result of my experience. Losing my loved one has meant I will never be the same person again. I will be a different person with new thoughts, beliefs, values and dreams.
Please try to get to know the new me.
I need your love and support.