

THE NEW YEAR

HAPPY NEW YEAR! “How can it ever be again?” “How will I ever make it through a year of this torment?”

When you are hurting and so terribly depressed it’s hard to see any good in the new year, but you must try.

First, hold tightly to the idea that you won’t always be this miserable; you will someday feel good again. This is almost impossible to believe, but even if you don’t believe it, tell yourself repeatedly that it is true-because it is. People whose love has died some years in the past will attest to this. Also, no one can suffer indefinitely as you are suffering right now.

Secondly, face the new year knowing that it offers a choice as to whether you will be on your way to healing at this time next year, or still in the pit of grief.

If you choose to be on your way to healing, you must work to achieve it. That entails going THROUGH grief; crying, being angry, talking out guilts and doing whatever is necessary to move towards healing.

Thirdly, look for good in your life and find reasons to go on, accepting the fact that continued suffering will not bring your loved one back. Most of you have other family members for whom you must go on. Most importantly, you have your own life that must be lived. You know that your love would want you to go on.

No, the new year may not be a happy one, but it can be a constructive one. Through your grief you can grow and become more understanding, loving, compassionate and aware of the real values in life. Don’t waste this new year.

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