

# *Mourning Discoveries<sup>®</sup>*

A guide to help families navigate through grief towards healing.



*Family Care Series™*  
BOOK FOUR

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## **PREFACE**

This is the fourth and last booklet in the Family Care Series.

My wish is that the words, notions and thoughts that I share with you provide some comfort and hope as you approach the one year anniversary of your loved ones death.

My singular purpose in writing this series of books is the hope that they bring help and support into your life at a time when you so desperately need to understand and to be understood. I hope that you have felt my care and support.

# PART I

## COMMON FEELINGS

*Never apologize for showing feeling.  
When you do so, you apologize for truth.  
Benjamin Disraeli (1804-1881), England*

One year ends. Another soon begins. For many, the past year has been simply terrible, beyond belief.

Approaching the first anniversary of your loved one's death is a very difficult time in the grief process. You are acutely aware that the day is approaching. Many people begin to feel agitated and anxious. They tell me that they see that day as being some sort of milestone. They are not sure how to define it, but, they know it is a dreaded necessary step that needs to be made. I often tell families that it is common to feel a heightened sense of sadness during this time. By now, you are familiar with your feelings and how you respond to them. Armed with this knowledge, you will make it through that day.

A bereaved spouse said, "The anniversary of my wife's death is in three weeks. I dread each day as it gets closer. I would have thought that I would be feeling a whole lot better than I do right now." He later told me, "I am so sick of people

telling me that it is normal, what the heck is normal and when is it going to happen?"

A bereaved mother said, "I still feel like my life can not go on without my daughter. Although I have had some better days, I still don't see the light at the end of the tunnel."

A bereaved friend said, "I can't believe it has been a year since my friend's death. As I look back, it has been one hard year. The next year will be better!"

I encourage families to make a plan for the anniversary day, which can help them to feel more in control. Communicating your needs and wishes with your family and friends can also help all of you to be clear about what each of you need.

Some people will be more sensitive to your feelings at this time. Others may not. There may be some people in your life who will not mention the fact that the anniversary is approaching. This can be very difficult, especially coming from the people who are supposed to be your "friends".