

Couples

Couples who grieve the loss of a child, grandchild, or another loved one face particular challenges together. First of all, your main source of support: your spouse, is grieving too, and may not be able to be there for you in the ways you would like. Additionally, you may find that your style of grieving is very different from your partner.

It is important to understand and acknowledge the way each of you grieve. Please be sure that the way grief is expressed has little to do with love. In other words, if your spouse does not express feelings outwardly, or openly communicate about his grief, be careful to not assume that he is not grieving, or that he did not love the one who died. Remember, you both hurt, yet that hurt may be expressed very differently.

You may each need to identify and utilize outside sources of support. You cannot be everything for each other. Spend time with each other when you can. Do special little things for one another, yet take breaks from each other. Allow yourself to be replenished by others who are able to be there for you.

HALIFAX HEALTH
HOSPICE
OF VOLUSIA/FLAGLER
Licensed since 1979



HOVF.ORG | 800.272.2717