



**How To Go On Living When Someone You Love Dies**  
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Dr. Rando has identified appropriate expectations that we can have in grief. Listed below are some of them that assist us in walking through our grief in a healthy way.

**You can expect that:**

Your grief will take longer than most people think.

Your grief will take more energy than you would have ever imagined.

Your grief will involve many changes and be continually developing.

Your grief will show itself in all spheres of your life: psychological, social and physical.

Your grief will depend upon how you perceive the loss. You will grieve for many things both symbolic and tangible, not just the death alone.

Your grief will entail mourning not only for the actual person you lost but also for all of the hopes, dreams, and unfulfilled expectations you held for and with that person, and for the needs that will go unmet because of the death.

Your grief will involve a variety of feelings and reactions, not solely those that are generally thought of as grief, such as depression and sadness.

The loss will resurrect old issues, feelings and unresolved conflicts from the past.

You may have a combination of anger and depression, such as irritability, frustration, annoyance, or intolerance.

You may have a lack of self-concern.

You may experience grief spasms, acute upsurges of grief that occur suddenly with no warning.

You will have trouble thinking (memory, organization and intellectual processing) and making decisions.

You may feel like you are going crazy.

You may be obsessed with the death and preoccupied with the deceased.

You may begin a search for meaning and may question your religion and/or philosophy of life.

Grieving is normal. It's a season of life that we must pass through. We can come through our loss. It doesn't mean that we love less the one we have lost. But the adjustments our minds, hearts and bodies are making so we can be a part of life once again. There is much that you have to offer to others, your family, friends, co-workers and neighbors. They benefit from your life. You have meaning and purpose. Your life isn't over. A new chapter has just begun.