

Title:
Starting Over

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1468

Summary:

How does one start over after the loss of a loved one? It is a monumental task that just feels

First comes the shock of the loss and an almost denial that it has happened, particularly if t

But go on we must and...

Keywords:

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Article Body:

How does one start over after the loss of a loved one? It is a monumental task that just feels

First comes the shock of the loss and an almost denial that it has happened, particularly if t

But go on we must and we will. Often times our first step is to attempt to regain what we have

If a loved one has not died, but has chosen to walk out of your life, it can be more challengi

In our best attempt to get our loved one back, we may engage in all the behaviors someone who

Everyone grieves at his or her own pace. I am in no way suggesting that this process can or sh

There's a quote I've learned that is very helpful during this phase. Unfortunately, I do not k

However, if you find yourself in the process of starting over, adopting this particular attitu

You may feel that moving on will, in some way, send the message that you didn't really love en

This article is really for those people who are tired of being depressed, who are ready to us

In 1999, my husband died of leukemia when he was 37 years old, leaving behind our two sons age

One of the first positives I saw is that I actually had the opportunity to say goodbye. My hus

A second benefit is that when my husband learned he was sick, he stopped working. He didn't st

Prior to his illness, my husband was a workaholic. Once diagnosed, he began to spend lots of e

You too, can find the benefit in the loss of your last relationship. It merely involves puttin

While you continue to mourn the loss of your relationship, you're only staying stuck in the pa

There are no guarantees in this life. When a loved one enters our life, there is no surety for

One of the first steps to take in healing our grief is to reach out to others in our life who

If love is what we lost, then the only thing that will help us to feel better is more love. Du

We must replace love with love. Reach out to friends, family and co-workers --- anyone who wil

After that temporary reprieve with those who love us, you must start rebuilding your life and

You may develop another relationship in time. You may find a cause that you love and believe in.
But none of this will truly do the trick unless you learn to love yourself again. How does one
If you're having difficulty completing your list, ask someone you trust for help. An objective
And if, after taking this step, you are still unsure of your special talents and skills, then
If you feel as if your life is over, you are truly wasting the gift of life that you have been
Do not climb in the grave with your loved one. It is not your time. Do not wither and die behind

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