



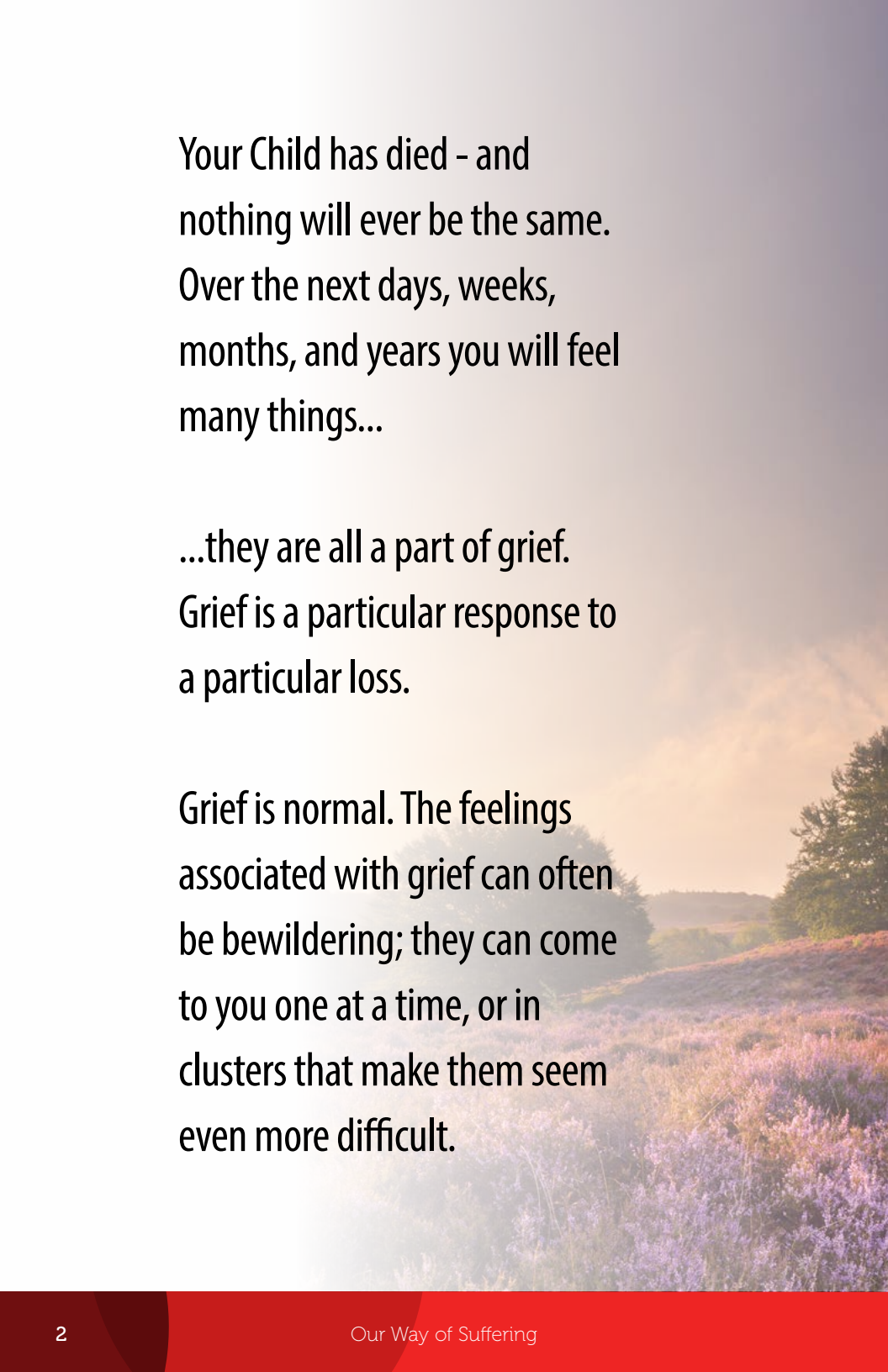
Children's National™

Chaplaincy Services

Grief



Our Way of Suffering



Your Child has died - and
nothing will ever be the same.
Over the next days, weeks,
months, and years you will feel
many things...

...they are all a part of grief.
Grief is a particular response to
a particular loss.

Grief is normal. The feelings
associated with grief can often
be bewildering; they can come
to you one at a time, or in
clusters that make them seem
even more difficult.



Some of these normal feelings are:

- Shock
- Guilt
- Shame
- Loneliness
- Denial
- Anxiety
- Anger
- Physical Symptoms (sighing, aching, tears)
- Bewilderment
- Despair
- Helplessness or Hopelessness
- Deep sadness (depression)
- Fear or terror
- Numbness
- Loss of Faith or Renewal of Faith

You might experience these feelings in some of these ways:

Shock:

You feel stunned and disoriented. Maybe you feel some panic. You need so much energy even for simple tasks. You alternate between being busy and being completely exhausted.

Guilt and Shame:

You keep looking for answers and wondering why you couldn't protect your child. You question the decisions you made and wonder if you had done something differently maybe your child would have lived. You regret things you said, or didn't say, or do with your child. You feel ashamed because you couldn't prevent your child's death.

Denial, Bewilderment and Loneliness:

You can't believe your child died. You may believe your child is alive somewhere else - you may even keep searching for your child, in another room, the local playground, etc.

Anxiety, Anger, Fear:

You worry about EVERYTHING! You are angry with specific people - doctors, nurses, your spouse, the illness, God;

you are just angry at EVERYTHING! You fear something happening to your other children, you feel fearful of going places or trying new things, etc.

Physical Symptoms:

You feel a constant need to sigh. You can't sleep, or eat. Your heart seems to pound and your stomach aches. You might shiver and feel cold. Sometime you think you have symptoms like your child who died.

Despair, Helpless or Hopelessness, Depression, Numbness:

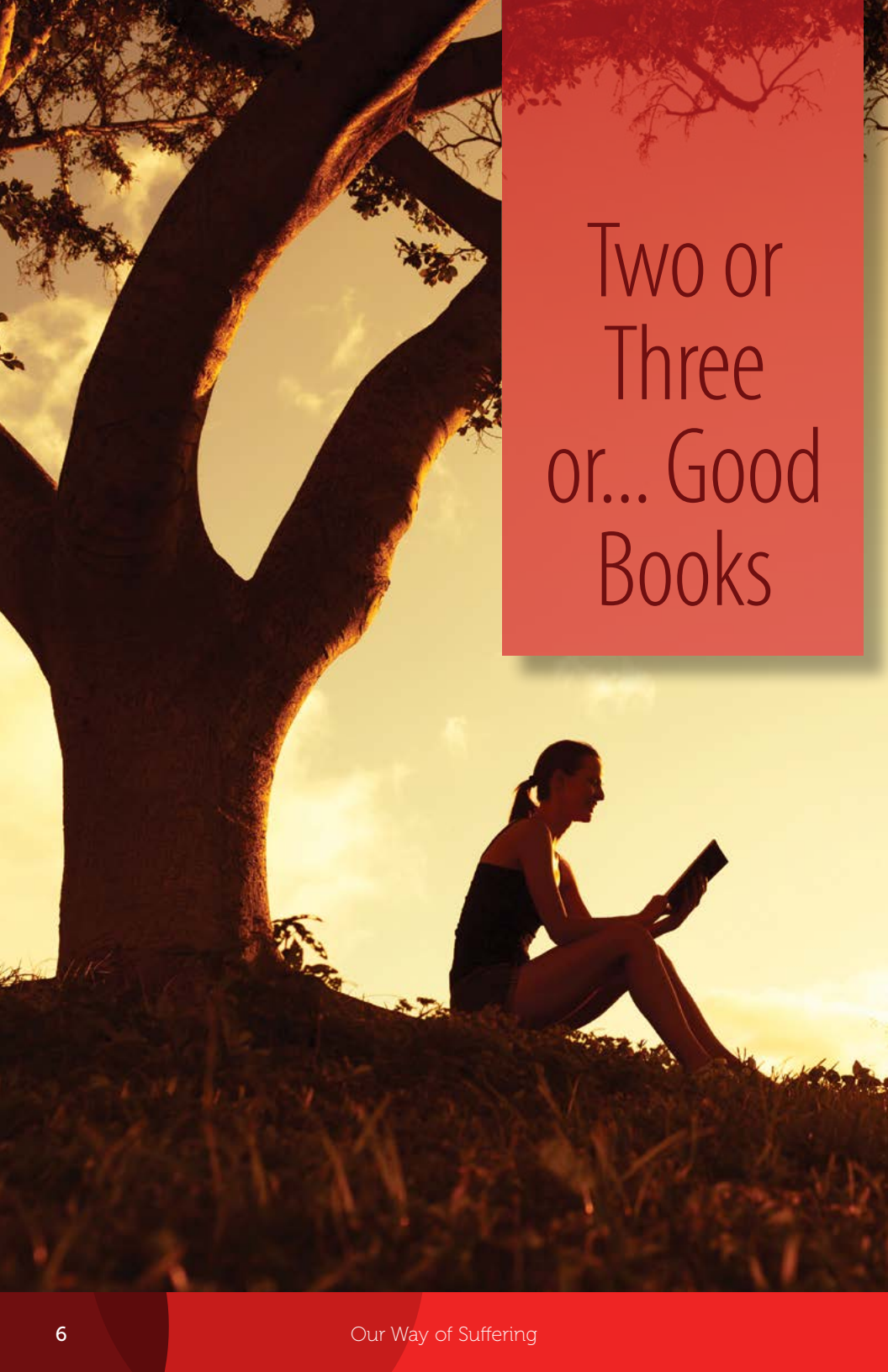
You feel as if nothing matters. What other people do and are interested in seems meaningless. Your imagination shuts down. You don't feel as if you can solve problems, think through a situation and develop plans. You can't concentrate or remember things - not even what you just said. You want to cry all the time - sometimes the tears are a relief; sometimes they overwhelm you.

Loss or Renewal of Faith:

You might feel angry with God, unable to trust the promises that once meant a lot to you. You may feel that you can't go on without an answer - that God tested you and found you lacking.

You may find renewed hope and trust in God's promises.



A woman is sitting on a grassy hill, silhouetted against a bright sunset sky. She is holding an open book and appears to be reading. To her left is a large, thick tree trunk that branches out. The overall scene is peaceful and evokes a sense of quiet reflection.

Two or
Three
or... Good
Books



Praying our Goodbyes

Understanding Your Grief by
Joyce Rupp:

Ten Essential Touchstones for
Finding Hope and Healing Your

Heart by Alan D. Wolfelt, Ph.D

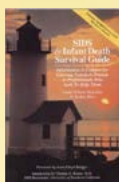


The Grieving Garden

Living With the Death of a Child:

Twenty-Two Parents Share Their
Stories - Suzanne Redfern and
Susan K. Gilbert, Eds. Empty

Cradle, Broken Heart: Surviving the Death of
Your Baby by Deborah L. Davis, Ph.D.



SIDS & Infant Death Survival Guide:

Information & Comfort for
Grieving Family & Friends &
Professional Who Seek to Help
Them by Joani Nelson Horchler

& Robin Rice

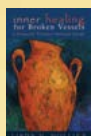
Gentle Closings: How to Say Goodbye to
Someone You Love by Ted Menten



Grieving the Child I Never Knew:

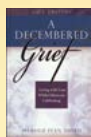
A Devotional Companion for
Comfort in the Loss of You Unborn
or Newly Born Child by Kathe

Wunnenberg



Inner Healing for Broken Vessels:

Seven Steps to a Woman's Way of
Healing by Linda H. Hollies



A Decembered Grief:

Living With Loss While Others are
Celebrating by Harold Ivan Smith

Don't Take My Grief Away from Me:
by Doug Manning

A Grief Observed
by C.S. Lewis



**For more information, contact
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www.childrensnational.org**

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