

Personal Attributes that Help During Grief

You may not believe at first that you have these qualities in large amounts, but begin by assuming that you have some amount of all of them. Picture how you would act if you possessed them to a greater degree.



Courage

You need the courage to face your feelings in order to grieve. Courage is being afraid, but doing it anyway.



Resilience

The capacity to bounce back from stress and go on is something we can learn — our ability to do this increases with experience and age.



Perseverance and Endurance

Have the faith that lasting through the pain will get you through.



Openness to others

Many people say that without friends and relatives to support them, they would have had far more pain and loneliness during their period of grief. Choose your confidants carefully and use them. You may be wise to choose more than one.



Capacity to distance

It can be helpful to step back and view life from afar to see what has happened and is happening, and move ahead.



Sense of humor

Regaining your ability to smile and laugh is not a betrayal of your pain; grief is a curious mixture of many emotions. Laughter and humor may provide some necessary relief and strength for the suffering you are experiencing.



Patience

Accept that you will not always be strong and that grief will take time.

These are possible messages you may choose to accept to guide your approach to life from now on (or you may create your own).

- I will not hide my love from people
- I resolve to help my friends in need of support
- I am strong — I can grow from pain
- I intend to live my life to the fullest; my time is precious
- I have learned