

7 STEPS OF A GRIEVING PROCESS *ebook*

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*It's important to remember that these steps don't go strictly in the mentioned direction, especially steps from 3 to 6. It may also happen that you come back to the previous step in your grieving process - be gentle with yourself and have patience. We know it's not easy, but that's why we are here - to try to help you make this process as easier as it can be, although we know how hard it is and what a burden it brings.



1. Shock

The first stage for bereaved parents mostly includes shock and disbelief that something such tragically actually happened.



As we've mentioned earlier, our mission is to explain to you all the stages of a grieving process, which starts with shock.

It's no wonder that bereaved parents who have heard the news related to the loss feel absolutely shocked. In fact, you've probably found yourself completely in disbelief, not even your body knowing how to react.

In one of our blog posts, I have also explained that you can have a weird reaction to the sad news - some people find it so unbelieving that they even start to laugh or continue doing what they were previously working on as if nothing happened. This is also normal and not many people talk about it, but if you privately talk with other parents who have lost their children they'll admit you how it all went for them.

Shocking news, despite the age of a child (it can even be your grown-up child - there is no less pain related to a child's age), can make you scream, cry, and moan, but also shake and rapidly increase your heartbeat.

Now that I've mentioned increased heart rate, I also want to say that bereaved parents, in the first 72 hours of shocking news, can have higher rates of heart attack.

If you've heard of the syndrome "broken heart", that's exactly it. And yes, you can get ill and even die from sadness, so it's very important that someone has an eye on you in the first few days after receiving the shocking news and that you can take some care of your health.

I can't tell if this is the hardest period for grieving parents, due to the fact that you'll probably be completely numb, still not knowing what is going on. It feels impossible to accept what happened, yet you usually have many obligations to complete, mostly due to the funeral and telling other members of your family what happened.

When I mentioned telling the news to others, it would be better to ask a close person to be the one who'll tell others, if that is your wish and if it's too traumatic for you to talk about it.

Accept help related to the funeral organization if someone offers, or simply ask for help - trust us, it will be too exhausting for you to do everything on your own.

If you're someone who knows bereaved parents but hasn't lost a child yourself, thank you for reading this in the first place. If you want to help parents who have lost a child, you can offer some practical help as mentioned above. If they're suffering with finances, that'll help very much as well. If they want you to be there - be there. If they don't - don't take it personally. Everyone is dealing with their shock and grief in an individual manner.

What I also want to tell you is that there is no universal and "right" form of reaction and grief, despite how weird that fact sounds. Why am I telling this in the first place? Because when this phase is over, you'll start to rewind memories and start blaming yourself if you should have acted differently.

Physical distress you'll experience in this first stage can cause a lot of symptoms, including:

- *hyperventilation*
- *dizziness*
- *stomach issues and IBS*
- *nausea*
- *heart palpitations*
- *insomnia*
- *numbness*
- *"electric shocks" through the body*
- *Headaches*
- *More...*

Therefore, in the shock stage of the grieving process, you'll mostly feel very lost which will be covered with various physical symptoms. Your body still cannot process all those information and emotions so you'll mostly be covered with self-protective detachment and various coping mechanisms just to get through the day.

How long does this last depends on various factors. Mostly, it ends in 3 to 6 months.

How to help yourself in this stage?

Here's what I think about this grieving process part when I take a look back:

1. **Let yourself feel whatever you feel.** And express it. Express your feelings and don't dig everything deep inside yourself. You have the right to feel whatever you are feeling. Your emotions can often be a mix of rage and desperation.
2. **Don't worry so much about what others will think and say.** Focus on yourself and your partner. You're in this together.
3. **Create a daily plan and stick to it, as much as you can.** I always say this, but it's truly very important - try to create any daily plan you can, so you follow the schedule of taking care of yourself and completing tasks such as eating, showering, or sleeping.
4. **Ask for help or accept help if offered.** Yes, you have every right to ask for help or accept it.
5. **See a professional.** If you are very lost or have suicidal thoughts, it's good to see a psychologist.

We are here for you...



2. Denial



After shock and disbelief, usually comes the denial stage where you feel like the situation that happened isn't real or cannot be real - it's just too much to accept and handle.

After the first stage of your grieving process pass (we have already talked about it – shock), you'll realize that you are still feeling very confused. What's going on with your feelings?

Now, you're not in shock anymore and know that the tragedy that has happened is actually real, yet your mind and body just don't want to accept such tragedy. That's when you enter the denial stage.

What's weird about the denial stage is that you'll know exactly what happened, yet you may find yourself completely confused and experience these things:

1. Waking up in the morning feels different. If your child that you've lost was a bit older, you, like other families, had your own habits. Even morning family breakfast can be too much to handle. When you wake up in the morning, you'll usually get very confused because your child is missing and no longer with you.

When it comes to advice, I will as always tell you that you have to create a daily routine. Yes, I know, it will probably have to be a very different routine than the one you had before. But this will help to survive the day and get through the denial stage.

2. Still worrying about your child. What not many people talk about, but grieving parents know it very well - you'll still worry about your child and where they are, even when they are not with you anymore. You simply don't stop being a parent even when your child is not alive. And that's completely okay.

Some of the most common questions and sentences that will come to your mind may include:

-Are they cold?

-Are they feeling calm and safe now?

-Where is their soul?

3. Thinking where they are... It doesn't matter what your religion is or isn't, you will probably start thinking about whether your child can see you or hear you now when they're gone. There's nothing wrong with practicing anything that can help you. If you like talking to your lost child - do it. Tell them how much you love them and how much you miss them. Expressing your feelings through art is also a good idea.



4. Graveyard. A lot of people will tell you that you shouldn't visit your child's grave very often. This may feel very weird to you, and it is - what I want to tell you is that you should behave in a way that suits you. Personally, I've gone to the graveyard every single day (sometimes even a few times on a daily basis). I felt the urge to go there. My grieving friends who also lost their children went to the graveyard very often as well.

**Respect your partner's emotions if they don't want to practice the same things as you do. Apply the same for other family members and especially children.*

This is so important because you'll need some space to express your emotions. Most people like to be left alone and suffer the most in silence and all alone. Seeking things how they are will help you accept the reality faster. Of course, make your own tempo, everyone is different. Don't force yourself about anything. Grieving process is a personal thing.

5. Accepting what happened. This is still a very shocking period for you and you'll probably feel very lost and misunderstood. Be gentle with yourself as much as you can. Try to ignore negative comments that may come from other people.

Once the denial phase is over and you completely understand that days go by and your child is not coming back, that's when the third phase of grief strikes - anger. This is a dangerous and complicated phase, but I promise you – with some good advice, you'll handle it a bit better.



3. Anger



As a parent who has lost a child, you now realize how cruel reality was to you and feel a lot of rage and anger - you'll find yourself blaming everyone and everything and trying to find something that was guilty for your tragedy.

Anger is actually a completely natural part of every grieving process, especially when it comes to the loss of a child.

You've been through shock and denial, and when the reality came a bit clearer, that's when you'll start experiencing fury and anger.

Anger is also more common among fathers who have lost their precious children because we still live in a society that doesn't "allow" men to express their emotions in a natural manner.

Besides that, many fathers also feel a burden on their shoulders trying to do everything in their power to make a grieving mother feel at least a little bit better.

What you'll experience in anger stage of the grieving process is usually related to:

1. Thinking about revenge. This is especially true for parents who have lost their children due to some sort of an accident, let's say a car accident.

You may have a lot of thoughts that are full of hatred and anger, planning revenge on some people, or thinking that this will help you make justice right. These thoughts can be very heavy and toxic and I believe that people who don't know how to deal with them actually haven't heard of the stages of every grieving process, especially the one that's related to the loss of a child.

What to do with the negative and obsessive thoughts?

It's the same with all obsessive thoughts - don't try to fight them, just ignore them. When you don't do anything with such thoughts, they'll disappear with time.

2. Trying to find someone to blame. You want to know why has such a tragedy happened to you and you'll start thinking about who to blame if you could have changed something in the past or done in a different manner - what's important to know about such thoughts that'll come to your mind is that you should try to do everything in your power to live in the present moment.

I know that you don't feel good in the present moment and that it may be easier for you to focus on finding someone to blame, but you cannot change the past.

This is the period of time when you can also experience panic attacks. Those can include various physical and mental sensations, such as:

Feeling like you're having a heart attack;
Staying without breath;

Tingles in your hands and feet – electric shocks through
the entire body;
Feeling suddenly very hot or very cold;
Nausea & vomiting;
Flashbacks;
Derealization;
Extreme anxiety;
Death-related thoughts;
Feeling lost and like you cannot control your mind and
body;
+more...

There are some amazing tips & tricks when it comes to panic attacks I would like to share with you. Panic attack disappears once you "come back to reality", or better said - focus on the presence and not the past. This is what you should do - it's simple and works:

- Look around yourself and try to count at least 10 red or green objects;***
- Focus on the smells that surround you;***
- Check what date and time it is.***

These simple steps will trick your brain to stop a panic attack and thoughts related to the past and bring you back to the present moment.

3. Addiction problems. If you cannot control your anger, you'll probably think about taking alcohol or certain pills to make yourself feel at least a bit better. As always, I will tell you that this may be the perfect moment to seek some professional help.

Sometimes, a conversation with a psychologist or a very good friend is the only thing you may need at that moment. Just please don't drown yourself in the addiction - don't ignore the problem but try to solve it, or even better - prevent it.

4. Sleeping problems. During this period of time, you may also experience insomnia. On the other hand, some people feel so exhausted after the end of the day that they need more sleep than usual. It may not be weird to find yourself sleeping even for 15 hours.

5. Arguing with a lot of people. Everything will trigger you easily, so be aware that you don't get into serious arguments and fights with others.

What to do to help yourself get through the anger stage of a grieving process?

***Take up some sport.** It's very useful to take your anger out through something that can even help you feel physically better and take care of your health. If you don't practice sports already, I highly recommend trying something that makes you happy. You may meet some new people while practicing a new sport, so why not make some new friends?

***Create a safe place.** Create a safe place in your home or anywhere else you like. Fulfill that space with some of your child's memories, like toys, clothes, or anything that is special to you. Create some time in the day when you'll be there, express your emotions, and feel however you want to feel at that moment.



***Transform your energy into something useful & creative.** You may feel full of energy from time to time, but you may also feel drained. Usually, these processes come one after the other.

When the energy hits, instead of being full of anger, maybe you can think about transforming your energy into something useful or creative. Besides art that I always talk about and mention, you can also think about helping someone or becoming a part of various sorts of altruistic groups. This will help you to feel like you're actually doing something that matters - and yes, that's exactly what you're doing.



4. Bargaining

You'll start to wish to make things right again. You'll search for various reasons even when there are none. You may start thinking about destiny, or some higher meaning, or even start asking yourself if things could have been different.

As you may notice, I have transformed the official grieving journey in a bit different stages, due to my personal experience and my yearly practice of speaking with other bereaved parents.

As I've realized, most of them went through the exact stages we mention on this website. Of course, some steps may be mixed, while others may be skipped for some people - yet, most people will find it helpful to realize the mentioned stages of grief in the order we are writing.

After the anger phase is gone, which can last differently for various people (but mostly about a few months to one year), then comes the 4th stage of a grieving process - bargaining. This is what you need to know about it.



1. A period of grieving process when you'll start trying to make things right.

You are probably very tired of feeling so sad, lonely, and furious in the last few months, that you are now thinking about trying to sort things out. This is probably the first time since the loss of your child that you may think about hope and wonder how to move on with your life - on a daily basis.



2. Congratulations - on everything good you do for either yourself or others. A lot of bereaved parents lead a messy life after the loss of their child. It's no wonder that you weren't capable of taking care of even daily things, due to the burden you have to carry in your heart.

It's great to celebrate all those little steps that you do to improve your life now, as it is. Maybe you've returned to your job and started working again, maybe you catch yourself sleeping a bit better, or you have decided to take therapy and talk to others about what happened. Be proud of yourself and every little accomplishment that you do. Celebrate milestones, even the smallest ones. Healing is a long process but definitely starts with taking care of yourself.

3. Focus on what can be fixed now. I love to say that people always need a goal, no matter how bad a situation they are in. If you have been leading a messy life since the loss, think about literally anything you can fix now. If you haven't been eating much or healthily, or if you've started binge eating, now may be the moment that you start thinking about how to get your life back in order.

Psychology claims that it's always better to focus on fixing and improving one thing at a time. If you want to fix everything right now (and I know how it feels and why you feel like that), you'll probably end up quitting your new good habits.

Of course, it is okay to make mistakes while trying to make things right, but be sure that you don't give up on something completely. Made a mistake? It's okay, forgive yourself, and then when you're ready try again.

4. Starting to think about destiny. In this stage, you may also start thinking about what your destiny will look like. Bereaved parents get very emotional when the big dates are around. This is the time when you are able to find suitable patterns for living through the big dates and important days in life, without your beloved child.

5. Going back to the anger stage. Don't be surprised if, in the bargaining stage, you catch a little bit of feelings from the anger stage. This phase is for many people even mixed, so they claim that during this period of time they also think about the past and if things could have been different.

The next stage we will write about is guilt, and it is probably one of the worst and hardest stages for bereaved parents. Don't worry, we are here with you, to support you and help you get through the darkest moments that may come.



5. Guilt

This is when the guilt comes in. After you've started asking yourself if the loss could be prevented, you'll feel guilty for the tragedy and start blaming yourself. This is especially true for the mothers of bereaved parents.

One of the hardest stages of your grieving journey. We believe that sharing some personal experience and advice can help you understand it and cope better.

Every single person on this planet knows how guilt feels - it's a feeling where you believe that you should be blamed for something that has caused many consequences. Guilt comes to make you question the things you did or said to someone, feeling you're one to blame for their pain and suffering.



Guilt is known as one of the worst feelings in our life and usually comes a bit later when a tragedy happens. Let's say that you'll probably experience the stage of guilt approximately 6 months after the loss of your child. This can last even for years - for most bereaved parents, the feeling of guilt lasts approximately two years, while together being mixed with depression and anger.

How much guilt will you have to endure may also depend on the reason for the loss of your child, or better said - how your child's life

ended. This is especially a hard time for people who have lost their children due to suicide.

Anyways, you'll feel guilt no matter what happened and caused the tragedy. For mothers, this will be very hard because you'll start questioning their ability of parenting, while bereaved fathers will start to blame themselves for not being able to protect the family.

Your self-esteem will probably drop a lot and you'll start feeling like you don't deserve anything. This is important to say because a lot of bereaved parents claimed how they thought that they don't even deserve to eat, have fun, or have a good night's sleep because their child cannot do that anymore.

For parents who have lost their children in some sort of accident or due to suicide, it's definitely best to talk to others or a professional with a purpose to start seeing the situation from another angle and objectively.

Guilt after the loss of a child - the hardest times

I have already mentioned that you'll not only feel guilty because of the loss of your child, but you'll also feel guilty because you are still alive.

Leaving your house is another challenge - you'll believe that everyone is pointing out their fingers at you and blaming you for your child's loss.

Whatever you think and however you feel - I have to tell you one thing, and that is: Please be sure that you leave your house and continue living in the outside world and society too as soon as possible. The longer you wait, the harder it will be for you to face everyone around you.

Is it guilt or is it regret?

Some psychologists experts claim that bereaved parents tend to misunderstand regret. Maybe your feeling of guilt is actually related to regret.

Let's say that you spend days rewinding memories of your beloved child and wonder if you could have done something differently. Yes, you'll remember even the most bizarre situations related to yelling at your child, or not spending more time with them.

What to do about such feelings? It's good to talk to your child and maybe even ask for forgiveness if your feelings are that strong and if you believe that will help.

People who haven't lost a child may find it difficult to understand that bereaved parents may even think that their children are very angry at them. Bereaved parents feel that they have let their children down.

Feeling guilty of poor coping

You can also feel guilt due to poor coping mechanisms.

As always, I will remind you to be very gentle with yourself, but also to try to recognize some signs of complicated grief so you can act on time and help yourself overcome such hard periods of time.

According to psychology, these are the signs of complicated grief you should watch out for:

1. Intense sorrow. Although science says that this may be a sign of complicated grief, as a bereaved parent I am not sure I would agree (and probably neither would you). Intense sorrow and pain are normal and can last for quite longer than in other grieving journeys. If 5 years have passed and your emotions have changed even for a bit, yes, that can be a warning sign.

2. Focusing only on the tragedy. You cannot focus on literally anything and your thoughts are always related to tragedy. This can be followed by intense negative body sensations.

3. Excessive avoidance of reminders or focusing too much on your beloved child's memories. You either avoid everything related to your tragedy or constantly seek anything that reminds you of your child.

Well, I wouldn't agree with this completely to be a sign of complicated grief for bereaved parents. This is a normal phase but shouldn't last longer than a few years.

It's actually a coping mechanism. You are either protecting yourself from being harmed again or you are finding your own way to mourn – that's completely fine.

4. Difficulty with reintegration. This can be a sign of complicated grief but is also a normal part of grieving for bereaved parents. If you really find it absolutely difficult to work or talk with others, that can be an alarm that you may need more support and help.

Although psychology claims that complicated grief mostly looks like that, I would like to say a few more things about those statements.

For me and other bereaved parents, I have met and talked about, complicated grief mostly included addictions to ease your pain, inability to take care of yourself and do daily basic stuff, and suicidal thoughts.

Such signs should definitely be a huge warning to search for support and help – we are here to help.



6. Depression

When the bundle of all those mixed emotions has ended, that's when the depression part strikes. This is probably the longest part of every grieving process, and for complicated grief, it can even last for years if not decades.



Deep sadness and feeling of depression are one of the main parts of the grieving process, especially the one related to the loss of a child.

Once the shock and disbelief have disappeared and you went through the stages of anger and guilt, mixed with bargaining, you'll start to feel very tired, but also very sad.

Now that all those toxic emotions that brought rage are gone, you're left alone there together with dark thoughts, sadness, and without a sense of purpose.

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**Know that most bereaved parents finally start to feel at least a bit better after approximately 5 to 7 years after the loss. Then, you'll be able to breathe deeply again as you should, eat some delicious food and actually feel its taste, and maybe even catch yourself laughing again, from time to time. Then, you'll be able to see that the grass is green again and that the birds are singing their song.*

In some of our previous texts I have already talked a bit about complicated grief and there said how the prolonged feeling of despair and deep sadness can be linked to it. I will talk more about complicated grief in one of the upcoming blog posts. What's interesting to know and I would like to mention here is that complicated grief is usually a very prolonged depression phase.

Of course, depression can be masked and can look different, but in this grieving process you can recognize it by these signs:

1. Lack of sense. When it comes to the definition of depression, it's usually called a state where people continue living in the past and suffering because of what happened in the past.

Although it may be easy to say that events from the past are gone and that you should live now, in this moment and present, as a bereaved parent I know very well that you cannot simply continue living your life because the tragedy that has happened is still rapidly shaping your every single day.

You'll feel a lack of sense. Nothing will make sense, not even the future. You'll not be happy with the things you used to enjoy once. Even the biggest passions and hobbies will look completely ridiculous to you and without meaning.

2. Difficulty doing daily basic things. Going to work or doing housework becomes very hard because you can barely concentrate, and you're also lacking physical strength and energy. Yes, sadness can really make you feel physically sick and tired.

3. Craving loneliness. You'll probably try to escape all those people who can ask you something about your child or how you feel. Social interactions will be very hard for you in this period of time because you'll feel like you have to act „normally“ or socially acceptable. It's like wearing a mask, and yes I understand, it's very tiring.

4. Nightmares. Experiencing nightmares and insomnia are also very common. Dreams can be bizarre and exhausting and continue to affect you even when you wake up and during the day.

5. Panick attacks. You may find yourself completely lost and such moments can be followed by panic attacks. You'll feel a very fast heart rate and like you're staying without oxygen. Some people claim that when a panic attack strikes, they believe they are going to die or lose control completely. Many visit doctors believing that they are truly sick. I always recommend to check your health. It's better to find out it's anxiety, than to miss some potential illness that can be cured when found out on time.

Some thoughts that'll hunt you during this stage may be even related to thinking about losing your own mind. This is especially related to derealization.

6. Lack of care for self. You may lose a lot of weight or gain it, stop taking care of your looks and how you behave. Many claim that a lot of friendships have been ruined during this period of time. Be sure that you try not to act impulsively - I know it's hard and have been through this experience, but do your best. You'll be sorry later on when the impulsive moments end. I'm sure you don't want more feelings of guilt.

7. Suicidal thoughts. When you feel like nothing makes sense anymore, and you barely believe that you'll even feel like yourself again, that's when suicidal thoughts may come in. It's very important to seek professional help if this happens to you. Don't stay silent about suicidal thoughts. At least, share them with someone you can trust and rely on.

8. Addictions. I've said many times that the depression stage is usually the longest part of the grieving process for the bereaved parents. For years, you'll feel very bad, drained, and exhausted and you'll probably start seeking help in various addictions.



It's an alarming sign and should be acted upon as soon as you recognize an addiction pattern.

9. Physical symptoms. Physical symptoms, as already mentioned, can include severe tiredness, exhaustion, unknown pain throughout the entire body, IBS, and other gut problems and issues, as well as problems with breathing. Depression is affecting your health in a very negative manner so you can experience more common colds and infections of all sorts. Your immune system is weak, so it may be good to try to do something about it.

How to strengthen your immune system?

Stay away from the processed food. Such food can cause inflammation in your body. It would be best to eat unprocessed and fresh food, which will bring you tons of useful nutrients that will help your body through this hard period of your life. Don't forget to hydrate your body.

Stay active. Taking a walk on a daily basis can help a lot, especially if you haven't been active in the recent past. If you like sports, that's great and it will definitely help you to get rid of toxic emotions and hormones, such as cortisol - a hormone of stress that is present during the grieving process.

Physical activity will boost natural hormones of happiness and well-being, including serotonin and dopamine.

Try to fix your sleeping schedule. Consult your doctor or a specialist to help you fix your sleeping schedule. Maybe you're lacking melatonin, a hormone that'll bring you a good rest.

Try to fix your sleeping schedule. Consult your doctor or a specialist to help you fix your sleeping schedule. Maybe you're lacking melatonin, a hormone that'll bring you a good rest.

10. Anxiety and social withdrawal. Anxiety comes together with panic attacks. Actually, it causes them. You'll probably suffer from social anxiety or even create agoraphobia, especially if you've been inside your home for a while.



Although social withdrawal may sound like a good idea at first, please take care that it doesn't get to extreme levels. When alone and in silence, use the time to work on yourself.

If you're not capable to tell others how you feel, this article can help you – share it with your family members or friends so they know what you're going through.

I said this because I can remember those times when I was completely exhausted to explain how I feel, but would be helpful that someone has written everything about it instead of me.



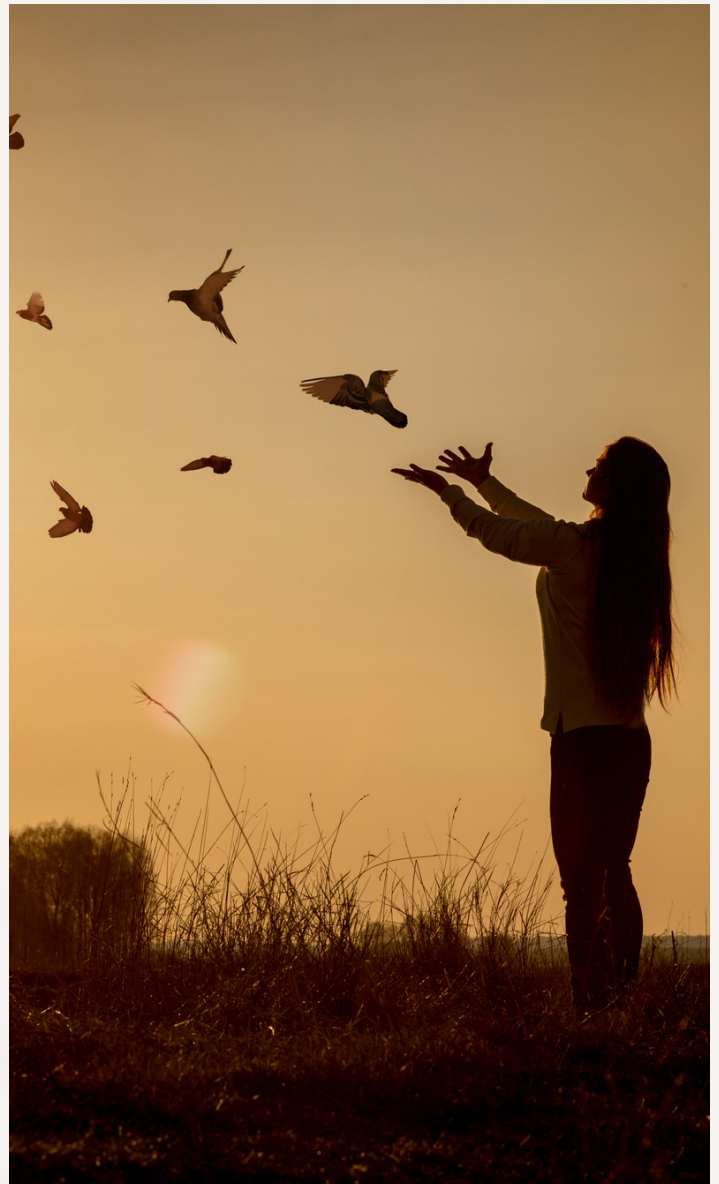
7. Acceptance & hope

The last step of the grieving process is acceptance and hope, and that is exactly what our mission is now - to bring you here to this last step. It's a phase where you learn how to accept what happened, learn from your grieving journey, become a better person, and learn how to live with your loss, but implement beautiful memories of your child into daily life that must go on.



Many people don't understand the word acceptance in a correct manner - when we say that you are accepting the tragedy that has happened to you, we mean that you have learned and found

your own ways to implement the loss in life and continue living. By continuing living, we mean that you have realized how to implement the memories of your child in the daily life that goes on. This doesn't mean that you are not suffering anymore, but that you are at once again finding joy in life.



Even for a writer, it's very hard to explain this stage of a grieving journey. People will often ask - what does it mean to accept the loss? But now that you know more about the previous stages of the grieving journey for the bereaved parents, it may be easier to understand its last stage as well.

This stage will probably last until the end of your life. It's true you'll never be the same again. But being the same is not the point. The point is to learn from every process and event that happens to us. Grief can definitely teach you a lot of valuable lessons.

One psychiatrist told me - now that you've lost your child, there are two ways in your life. One way will lead you to become the worse version of yourself, while the other one will make you generous and the best version of yourself.

At first, I didn't know what she was talking about because back then I was in the shock and disbelief stage. Her words didn't make much sense and when the anger phase hit, I remembered her words and thought: "It looks like I'll be the worst version of myself".

*The last phase of the grieving process usually starts 7 years after the loss. Of course, it can start differently for various people - some experience this phase even 3-4 years after the loss, some after a decade.

But now, when I am in the acceptance stages and when the years have passed, it's true that this grieving journey has made me the best version of myself - in the end.

What will change? I have noticed these changes inside myself:

1. You'll have more empathy. Becoming even more emotional in this phase is something that shouldn't surprise you. You'll feel very generous and kind. You'll want to protect those who are weaker than you and help those who are suffering.

2. Your intuition will be stronger. Stronger intuition will not come alone - you will also realize that you have become wiser with time. People like to describe that they now feel like "old souls".

3. You'll meet yourself - completely. The grieving process requires spending time alone and often fighting the hardest moments and thoughts all by yourself. You'll become your own best friend. From now on, you are not afraid to count only on yourself, no matter what happens in life.

4. You'll be wiser when it comes to choosing close people in life. You have learned a lot about people too. Finally, you know how to choose close friends.

5. You'll cherish life more. You'll enjoy sunshine, water, and every single breath you take. You'll realize that life is one great miracle. Express gratitude on a daily basis.

The acceptance phase helps you to have faith in the future, like once before. You'll find yourself making new plans, talking about your child with a smile, and even participating in various groups that help bereaved parents on their grieving journey.

The acceptance stage came because you have realized that you must focus on the things you can change and do everything in your power to make your life meaningful.

