

You Must Get Over It

“Given the choice between grief and nothing, I’d choose grief.”

- William Faulkner

The other day a friend of mine and I were having a conversation about how angry he felt when someone said to him, “You must get over it and move on with your life.” His son had died a few months earlier. I was feeling the same way. I was confused at what “it” was and how to overcome “it”. Was “it” our child? Was “it” the death? Was “it” our pain? Were they saying I was not dealing with my grief properly? I was trying so hard to get over “it” but how does one stop the overwhelming pain? I wanted to scream and ask what the formula was that would rid me of such intense emotions.

As I walked my individual journey of grief, I learned how to deal with people telling me such things. These are some of the ways I found for coping:

- Most people mean well when they say these things. They just do not want you to hurt anymore and try to “push” you forward. They do not understand the hurt and confusion they cause by such statements.
- Most people do not understand the process of grieving and we need to gently educate them. They have no idea (unless they have had a similar loss) of the time and energy it takes to walk through grief.
- Whenever you hear words like “should” or “must” from people giving you advice, beware of their words. They are usually reciting old “scripts” that may not apply to you.

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- Some people cannot handle the death of your loved one and want you to get over “it” so they do not have to deal with the issues your loss brings up for them.
- You never “get over it” because that would mean you would have to stop loving that person or remembering your life together. The pain we feel is just a reminder that we loved so very deeply.

There is no set time limit to your individual grief journey. The key is to keep moving forward along the path and not become stuck along the way. The time it takes is of little importance. From time to time, you may even feel you are slipping backwards and that is perfectly normal.

I can tell you that it does get better. It takes courage to face each emotion and keep moving along that road. I have faith that each one of you has that courage.

by Penny Blazej (from Thanatos Magazine)

For more information, contact your nearest Cedar Valley Hospice office or visit cvhospice.org.

Waterloo: 319.272.2002

Waverly: 319.352.1274

Independence: 319.334.6960

Grundy Center: 319.824.3868

Toll-Free: 800.617.1972

NOTE: On behalf of the Cedar Valley Hospice Grief Support Services Program, grief mailings are sent for 13 months following a death on our hospice program. These mailings offer additional support and advice to help families on their grief journey. If you would prefer to not receive these mailings, please let us know by calling Nathan Schutt at 319.272.2002.