

Grief Helps



You May Grieve More Than
Just What You've Already Lost

James E. Miller



*The best thing about the future
is that it comes only one day at a time.*

ABRAHAM LINCOLN



The future is a convenient place for dreams.

ANATOLE FRANCE

As you grieve, you're standing in the present, looking back.

You're coming to recognize what you have lost,

as you gradually assess how this impacts your life.

There is another aspect of grieving you're also likely to experience—

not just for what is gone from your past,

but for what will not be appearing in your future.

If your life partner or close friend has died, for example,

you're losing the chance to grow older together, with all that includes.

If your child or grandchild has died,

you're losing the potential that young life held—

for them, for you, for your family, for the world.

You may be losing plans you've made or dreams you've held,

projects in the works or achievements that will not be realized.

A future you had perhaps taken for granted will not come to be,

at least not in the way you thought and hoped it would.



*Every tomorrow has two handles.
We can take hold of it with the handle of anxiety
or the handle of faith.*

HENRY WARD BEECHER



*As for the future, your task is not to foresee it,
but to enable it.*

ANTOINE DE SAINT-EXUPERY

How do you go about grieving your lost future?

First, you can give yourself the time and space to become clear about what your future losses may include.

Perhaps you can talk or write about these, even more than once.

You can appreciate the uniqueness of such losses—there are no ceremonies, no eulogies, no physical markers.

Hardly anyone, and maybe *no* one, will grasp all you're mourning.

You can consciously choose to grieve these future losses, separate from your present and past ones, making sure you don't ignore their importance to you.

When the time becomes right, you can ask yourself,

“What can I do to fashion a future that will serve as a grateful reminder of or a loving tribute to this one I love?”

As you grieve fully all your losses, you'll live more fully into your future.

Resources for Grieving People

BY JAMES E. MILLER

Books

One You Love Has Died
When Mourning Dawns
What Will Help Me?
A Pilgrimage Through Grief
When a Man Faces Grief
Winter Grief, Summer Grace
How Will I Get Through the Holidays?
Change & Possibility
Un Ser Amado Ha Fallecido

DVDs

When Mourning Dawns: The DVD
Invincible Summer
Listen to Your Sadness
How Do I Go On?
By the Waters of Babylon
We Will Remember
Nothing Is Permanent Except Change

Electronic Resources

100 Healing Messages for Your Grief: Emailed Videos
Grief's Healing Journey: An eNewsletter



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