

GRIEF AND REALATIONSHIPS

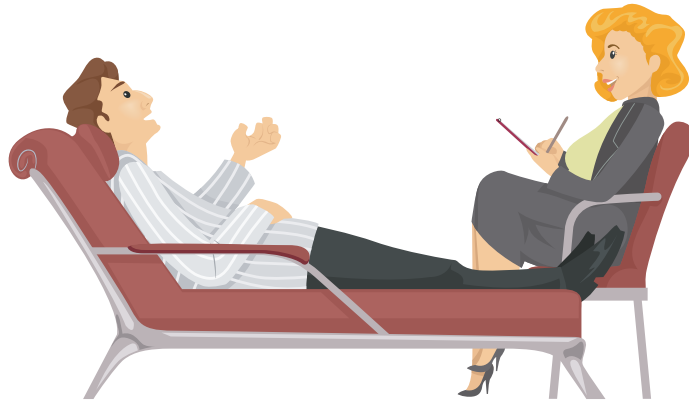


The process of grieving is a personal experience which is why certain times, it may bring a strain to relationships in your life. Grief and loss can cause distress in your existing relationships, because who you are as a person is temporarily changed in your struggle to cope with the loss and find a way to move forward.

Your close friends and loved ones may have difficulty coping with how you're mourning, causing them to pull away temporarily. In some cases, you're usually a source of strength in most of your relationships, so for your family, friends, and loved ones to see you vulnerable, they might have a hard time trying to understand and be there for you because of the role is usually reversed.

With grief, maintaining relationships takes effort. You may need to turn to distant family members, other friends, or acquaintances, make new connections through the process. Whatever steps you take to heal, always remember that your process is unique.





Grief can affect relationships for a while in various ways but over time, you will experience a semblance of normalcy as everyone copes with loss as time passes.

On your healing journey, learning to forgive relationships that weren't there for you as you expected will help you heal. This can also lead you to reconnect with those relationships and allow you to have new experiences.

Grief is very unpredictable and delicate. If you have difficulty with your relationships as you grieve and need some understanding and guidance, you can reach out to a mental health counselor for help.