Be reassured

If you think you are going insane – that’s normal.
If all you can do is cry – that’s normal.
If you have trouble with the most trivial decisions – that’s normal.
If you can’t taste your food and have no semblance of an appetite – that’s normal.
If you have feelings of rage, denial and depression – that’s normal.
If you find yourself enjoying a funny moment and immediately feel guilty – that’s normal.
If your friends dwindle away and you feel as if you have the plague – that’s normal.
If your blood boils when someone tells you “It was for the best” – that’s normal.
If you can’t talk about it but you can smash dishes and kick the furniture – that’s normal.

If you can share your story, your feelings, with an understanding listener – that’s a beginning.
If you can get a glimmer of his life, rather than his death – that’s wonderful.
If you can remember him with a smile – that’s healing.
If you find your mirrors have become windows and you can reach out to others – that’s growing.