

Feelings and Bereavement

About the departed –

Did you know a long time before that they were going to die?

Did they know?

Did they acknowledge and accept it?

If so, could you talk to them about it?

With others –

Have you been able to tell people about this death before?

What was their reaction:

Avoid you or change the subject?

Tell you it was the best?

Tell you that you should have got over it by now?

Say anything else which was totally unhelpful?

Do you feel angry with anybody (doctors, nurses, God!) for not having cured them?

Do you feel angry with people who might have driven them to their death?

Do you have any good feelings?

With thanks to Janet King