

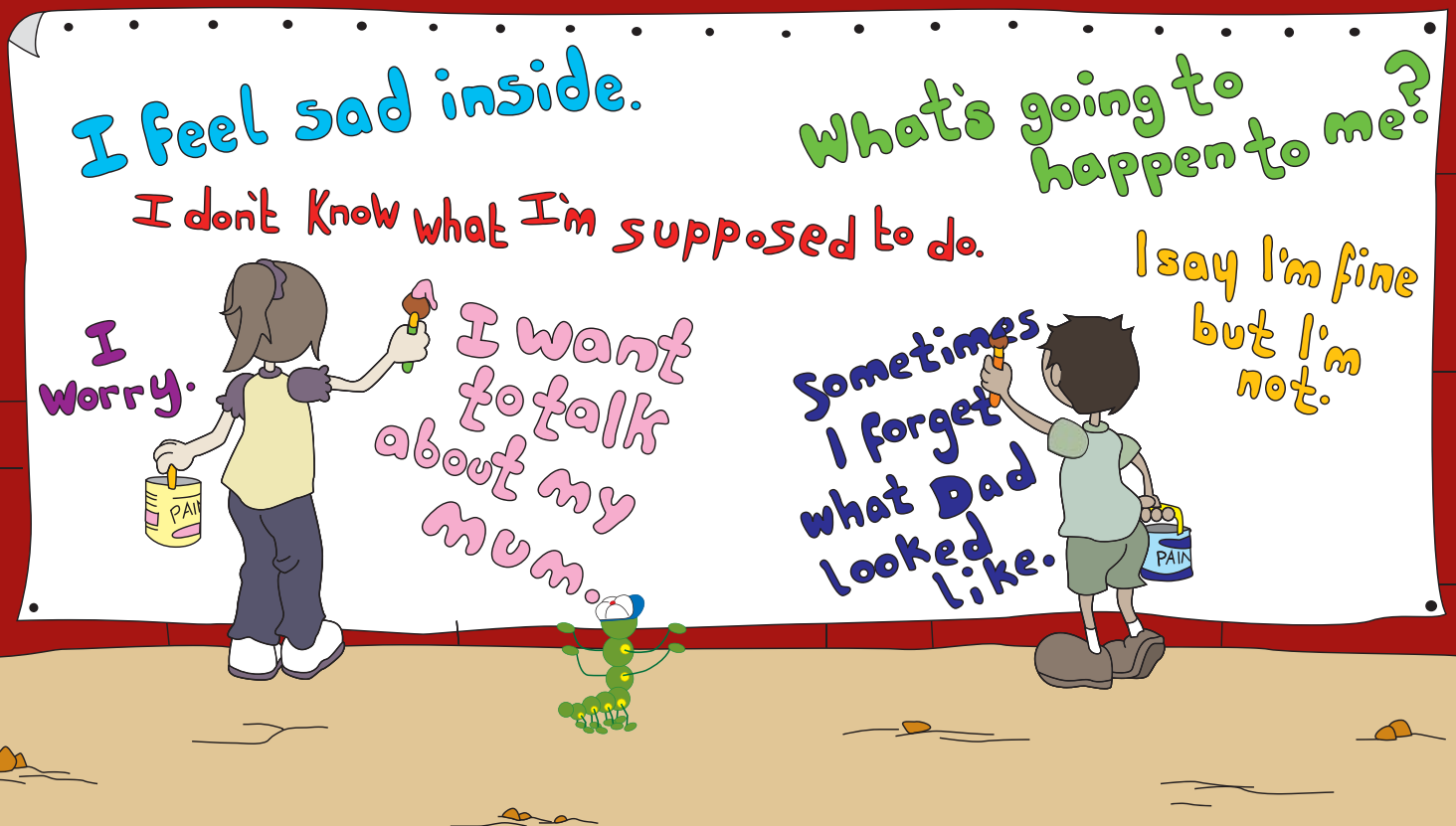
How People Feel On The Inside

We all have feelings and we can have many different ones when we lose a loved one. They can run deep and can feel confusing and upsetting. Emotions like guilt and anger can seem odd and inappropriate but they tend to be very much part of grieving.

Feelings are what they are. They are neither good or bad. They can change, sometimes quite quickly and can feel very confusing. Sometimes we can feel more than one at the same time.

Do we know what others are truly feeling? Can we really understand what is going on in the mind of a child who is bereft? Maybe not.

What we can do is help them understand these feelings for themselves and, through listening, help them talk about how they feel. We can accept what they feel as being real to them and not make any judgements.



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