

DO YOU FEEL LIKE YOU'RE NOW THE *WALKING DEAD*??

Often, as a survivor, we feel like the pain is so intense and so permanent that we will never laugh or have a good life again. This isn't true, so please hold on tight to your hope that things WILL get better for you. I was 100% sure that I would never laugh again, or even smile a sincere smile again, after my sons death.

But I can now say that I have reclaimed my life. It was the hardest thing I've ever done in my life, and I had many days that I struggled with thoughts of joining my son because I knew I could not live with that unbearable pain for the rest of my life. I just didn't believe it would ever get better.

For those of you that are in that place now, please trust me when I say that it is not a permanent thing. You, too, will slowly come to a day where you will begin to feel a little of the 'old you' come alive again, and hope will slowly begin to spring up. It's a slow process, for healing is just that- a process. We have so many issues to work through and come to a peace with... the why's, that horrendous guilt that seems to have a throat-hold on so many of us at first, the rejection, the huge void, and the many, many unanswered questions.

There also seems to be an unrelenting rerun of the events, playing over and over in our minds, like somehow we can make the ending different by reliving it all, or by re-examining every little detail. We have a rewind button in our minds, but not in real life, so we continue to come to the same questions with no one to give answers. But in doing so, although we may not realize it at the time, we also slowly come to a peace with it by going through this process. For some, the peace comes in knowing that we will just never know and we have to accept that. For others, pieces will fit together and bring you answers that will suffice. Either way, it's a process and takes time to work through.

I want to encourage you that one day you will look back and be amazed at the progress you have made. I couldn't see it at all until I looked back on it later. I felt like I was spinning my wheels, but I wasn't. And the day my vision cleared enough for me to see, I was really amazed at how far I'd come. It felt good!

The day we were hurled into this nightmare, we were victims. We had no choice in it. But if we stay victims it's by choice. We have to learn how to be SURVIVORS, and not just survivors. If we at Survivors Road2healing can help in anyway, please let us know.

You CAN do this! It's a hard battle, but life *is* hard... so what's new? Hard does not mean it isn't doable. If you choose to, one day you really CAN have a good life again. I promise!!

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