



Pathways through Grief

Part of the Grief Information Series from Spicer-Mullikin Family Aftercare Services

Falling Apart

*I seem to be falling apart.
My attention span can be measured in seconds.
My patience in minutes,
I cry at the drop of a hat.
I forget things constantly.
The morning toast burns daily.
I forget to sign the checks.
Half of everything in the house is misplaced.
Anxiety and restlessness are my constant companions.*

*Rainy days seem extra dreary
Sunny days seem an outrage.
Other people's pain and frustration seem insignificant.
Laughing, happy people seem out of place in my world.
It has become routine to feel half crazy.
It is normal, I am told.
I am a newly grieving person.*

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