



Pathways through Grief

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

I DON'T KNOW WHY

*I don't know why.
I'll never know why.
I don't have to know why.
I don't like it.
I don't have to like it.
What I do have to do is make a choice
about my living.
What I do want to do is accept it
and go on living.
The choice is mine.*

*I can go on living, valuing every
moment
in a way I never did before,
Or I can be destroyed by it and,
In turn, destroy others*

*I thought I was immortal.
That my family and children were
also.
That tragedy happened only to others.
But I know now that life is tenuous
and valuable.*

*So I am choosing to go on living
Making the most of the time I have,
Valuing my family and friends
In a way never possible before*

*From My Son, My Son,
By Iris Bolton*