

## Finding Meaning

Although grief will lessen in intensity over time, it will never end. But if we allow ourselves to move fully into this crucial and profound stage—meaning—it will allow us to transform grief into something else, something rich and fulfilling.

- **Meaning is relative and personal** – Comparing losses makes no sense. The worst loss is always, your loss. Only you know your loss and the meaning.
- **Meaning takes time.** You may not find meaning until months or even years after a loss. Meaning is not a quick fix, it is a way of living with the loss, rather than getting over it.
- **Meaning doesn't require understanding.** It's not necessary to understand why someone died in order to find meaning. Most of us will never understand why our loved one died at that time and in that way, but we can still find meaning.
- **Even when you do find meaning, you won't feel it was worth the cost of what you lost.** Meaning can become a cushion, but we would always rather have your loved ones back.
- **Your loss is not a test, a lesson, something to handle, a gift, or a blessing.** Loss is what happens to you in life. Meaning is what you make happen after the loss.
- **Only you can find your own meaning.** No one can make you find meaning, only you can do it in your time and in your way. You are the only one that will ever truly understand the depth of your loss, only you understand the relationship you have with your loved one who died.
- **Meaningful connections will heal painful memories.** Grief is pain; but grief is also love. Meaning does not negate or minimize the loss. But in time with can make meaning to give a balance to pain.