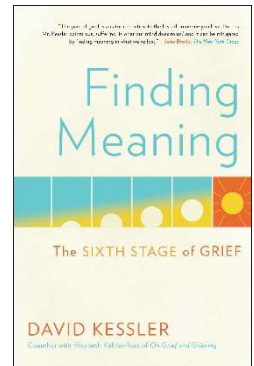

Excerpts from *Finding Meaning:
The Sixth Stage of Grief*
by David Kessler

Grief Must Be Witnessed

Each person's grief is as unique as their fingerprint. But what everyone has in common is that no matter how they grieve, they share a need for their grief to be witnessed. That doesn't mean needing someone to try to lessen it or reframe it for them. The need is for someone to be fully present to the magnitude of their loss without trying to point out the silver lining.



The decision to live fully is about being present for life, no matter how hard life is at the moment. It's about what you are made of, not what happens to you.



"...meaning comes through finding a way to sustain your love for the person after their death while you're moving forward with your life."
