

# Why the Grieving Process Lasts So Long



We don't just lose our partner — we lose so much more.



## SELF

- A large part of ourselves
- Identity (wife, husband, partner)
- Focus and decision-making ability
- Health



## CONNECTION

- Family structure and shared social world
- Connection with those who can't support us
- Physical and emotional intimacy
- The person who knew your history — the witness to your life



## SECURITY

- Lifestyle and routine
- Security and safety
- Financial partnership
- Trust and control



## MEANING

- The past we shared and the future we planned
- Faith
- Direction and purpose
- Dreams
- Humor, happiness, and joy

*This is why grief takes the time it takes. You are not grieving one loss. You are grieving many.*