

I found this very helpful reading in the immediate aftermath of Will's passing, when I believed there was no way I could possibly go on living without him.

*Excerpt from "The Bereaved Parent" by Harriet Sarnoff Schiff*

*You probably never thought you could live through your child's funeral. What could be more dreadful? But you did.*

*Certainly, surviving all the grief you felt seemed impossible. Those days and nights of crying, exhaustion, and pain were almost beyond endurance. You were certain, at times, you would never get past that time in your life. But you did.*

*There were times you felt great guilt because somehow you had not filled the role of 'parent' as society interprets the role. You were unable to save your child and keep them alive. As that cold, clammy feeling would come over you and your back would prickle thinking about what you could have done differently, you were sunk into such a pit of grieving that you never dreamed it would be possible to go on. But you did.*

*Often, you were beset with anger and a feeling of powerlessness because events that should have been in your control simply were not. You did not think you could overcome these feelings – especially not the hopelessness that accompanied them. But you can.*

*Just when you needed your mate most, you would find he or she could help you least. You expected comfort from someone incapable of comforting. You argued. Sometimes you even hated. You never thought you would rise from the bottom of the well of sorrow. But you can.*

*You thought never again could you take an interest in the world and retain friendships and attend weddings and happy occasions for other people's children. You were certain you could never live through the trauma. But you will.*

*There was no doubt in your mind that you never again could enjoy yourself. Never want to travel. Never give parties – or attend them. Never have fun. You would only be sorrowful and certainly you would never laugh. Above all, not laugh. But you will.*

*And most of all, you were sure it would be impossible for you to function as a whole human being not buffeted by the waves of sorrow that swept over you in the early days of your tragedy. But you will.*

*You will do all that, and you will do more.*