



Letting Go Of Our Loved One's Things

What to do with our loved one's belongings can seem a huge burden. We are so busy with the many details of this new life. And we may not be thinking as clearly as we did before the death. *What if we give ourselves a deadline (6 months...a year, 2 years, whatever) and then close the door on that project for a while?* It may give us some relief to put off the decision until later.

Some of us may want to get rid of things we don't need right away. Some of us keep everything, finding it hard to let anything go. It is possible to get stuck in the bereavement process by staying attached to every small item. *Balance is the key.* Things will not replace the person we lost; they will not bring him or her back.

Another issue is how the items make us feel. Should we keep things that are reminders of pain? It is wonderful to have memories that bring us joy. Photos are great. How about a pillow, teddy bear or quilt made from a favorite flannel shirt, a bathrobe or grandma's sweater?

We may feel guilty because we give personal items away. It hurts to look at them. We want the pain to go away...we want our difficult days to change. This is not a bad thing. Change is the only constant in life. Life will change whether we want it to or not.

But our loved ones do not live on in mementos.

They are in our hearts.

They will always be there,

no matter how many changes we go through.

We will have them there...forever.