

## To Companions on the Journey of Loss

True companionship allows the other person to be vulnerable, without pressuring them to be strong. It permits them to move forward in their own way and at their own pace, helping them feel supported rather than hurried.

When they are immersed in sorrow:

- Offer quiet presence
- Listen with heartfelt attention
- Validate their feelings:
  - “It must be very painful for you”
  - “It is entirely normal to cry, to feel hurt, and to miss them”
- You may share warm memories of the deceased

When they are attempting to manage daily life:

- Provide concrete and practical support
  - Purchase daily necessities on their behalf
  - Deliver a warm meal or some food
  - Assist with various procedures or paperwork
- Acknowledge every step they take and appreciate their efforts

The most meaningful companionship lets them know:  
“No matter which side you are on today,  
I am here with you.”

We grieve because we have loved.  
This love will continue to  
accompany us through the rest of  
our story.

Grief  
stems from  
*Love*

Love has never left;  
it has simply changed its name to grief.  
Every journey through grief is unique.

SWD Hotline 2343 2255

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## Grief Has No Standard Answer

Grief stems from love. When we lose someone dear, the sorrow and pain we feel are proof of the deep love we once shared. Every person's grief journey is unique, shaped by factors such as the relationship with the deceased, individual personality, and cultural background differences. There is no single, standard way grief should look, and there is no fixed timetable.

Grief is a natural response to loss, and it may bring about the following changes:

**Emotions:** Besides sadness, one may experience shock, numbness, anger, guilt, anxiety, loneliness, and more

**Physical:** Insomnia, changes in appetite, fatigue and weakness, or symptoms such as chest tightness and breathing difficulties

**Thoughts:** Uncontrollable recollections of the deceased, suppression or denial, difficulty concentrating, repetitive thinking, confusion, or feeling unreal

**Behavioral:** Crying, social withdrawal, restlessness (inability to settle), avoidance of related matters, or loss of interest in daily activities

**Recognizing these common expressions and the uniqueness of grief can help us better understand our feelings and navigate this journey in a way and at a pace that feels right for us.**

## The Oscillation of Grief

"This morning I was still able to smile, yet in the afternoon I suddenly wept uncontrollably... Is there something wrong with me?" In reality, grief does not progress linearly; rather, it oscillates like a pendulum between orientations toward loss and toward restoration. This natural alternation between the two states is part of the healing process.

### Loss-oriented

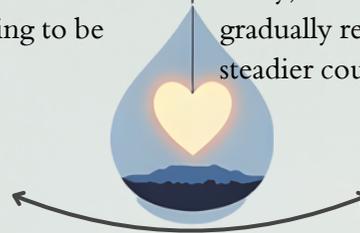
Weeping, yearning, guilt, anger, zoning out, isolating oneself, difficulty concentrating, avoiding gatherings...

These are all normal grief responses. Try to gently notice how these feelings exist in your body and mind, allow them to be seen and your longing to be heard.

### Restoration-oriented

Beginning to re-engage with everyday life, such as caring for children, resuming work, doing housework, learning new things, or planning for the future.

These are ways of slowly rebuilding a sense of control and safety, allowing life to gradually return to a steadier course.



This oscillation is natural and healthy. Allow yourself to feel sad at times and to handle life at others; permit emotional ups and downs—these are all part of the healing process. In time, the amplitude of these emotions may gently diminish. This is not about forgetting, but about learning to coexist with grief and continuing to live with love.

## The Continuation of Love

Grief does not mean you have to "let go" or "forget" the person you loved. Love endures: You can find your own ways to weave that love and those memories into the life that follows. For example: Preserving a shared habit, fulfilling a cherished wish, or carrying forward the positive qualities you learned from them. This is not forgetting; it is building a new kind of connection that brings comfort and strength, lightening the loneliness and allowing the longing to persist.

## Reconstructing the Meaning of Life

In facing loss, we do not return to how things were before; instead, we learn to continue living while holding love close.

- Questions are normal: "Who am I now?" "What meaning does life still hold?" These reflections mark the beginning of reconstructing meaning of life.
- There is no need to rush for answers: Give yourself time and gentleness.
- Begin with small steps: Enjoy a nourishing meal today, take a ten-minute walk outside tomorrow. Each action helps you rediscover yourself and recognize what remains valuable in life.

With love alongside you, it becomes possible to move forward one step at a time, gently and steadily.