

ARE YOU A GRIEF VICTIM OR A GRIEF SURVIVOR?

A victim is a state of mind dictated by others.

A survivor dictates their own state of mind.

A victim fears the moments of grief.

A survivor welcomes those moments.

A victim knows about feeling down and tries to stay up.

A survivor knows feeling down is okay.

A victim tries hard to hide the tears.

A survivor never leaves home without kleenex.

A victim struggles to maintain a state of normalcy.

A survivor knows normal has changed.

A victim gets caught in isolation.

A survivor reaches out when they need to.

A victim is afraid they in time will forget.

A survivor knows they never will!

A victim sometimes feels guilty laughing.

A survivor laughs through their tears.

A victim tries at times to block out the memories.

A survivor embraces memories of all kinds.

A victim wants someone to cure their grief.

A survivor just wants someone to share their journey.

A victim struggles to get over their grief.

A survivor fights to get through it.

A victim tries to get on with their life.

A survivor lives their life knowing nothing will ever be the same.

A victim says, "Oh I'm okay"...then secretly cries.

A survivor openly cries... and says, "I'm okay."

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