

# Death of Grandparent

## I was wondering when my grandmother died why can't I get over it?

I'm really sorry to hear about your grandma. It sounds like you were really close to her and I'm sure it must hurt very badly. Know that your questions are honest and that's awesome. It's much better than pretending you don't feel that way. Many people will try to go on as though they weren't really hurting, but expressing your sadness is important. What do you exactly mean when you say you can't get over it? Are you doing something that is putting you in jeopardy or harms way, or do you mean you're really struggling with emotional pain where it steals your thoughts during the day and makes you sad? If you are turning to self-harm or poor behavior to deal with it, please seek help from a youth pastor, school counselor, parent or trusted adult. If you're struggling with the emotional pain, it's important to know that it is a process and that each person deals with loss in a different way and different lengths of time.

I know that everyone handles grief in different ways, but if it wasn't hard and we didn't grieve and you didn't miss her, it would be even sadder because it would mean that the person didn't mean that much. But it's obvious that your grandma did mean a lot to you, and still does.

There are different stages of grief: Denial, Anger, Sorrow, and Acceptance and continual processing or journeying. Problems can occur when we get stuck at one place. We can't move on to the next stage of grief until we deal with the one before it. I suppose you're wondering how that happens, huh? Well, part of that is sharing with people (again... a youth pastor, friend, parent or writing to us) to make sure those emotions are getting out. Sometimes people journal about their feelings too. It's a great way to process feelings and express yourself.

But there is also one other thought that came to my mind... there's a saying that says, "We show our love for those who have gone not in how deeply or long we grieve, but in how we live our lives." I hope that the grief that you do have can be used as almost a fuel to live your life the way your grandma would have wanted you to live... following your dreams, being a person of hope, integrity and love.

I'm not sure if you are a person of faith or not, but there is a bible verse that meant a lot to me when my mom and dad died... *We do not grieve as others do who have no hope. – 1 Thessalonians 4:13*

You see, we still grieve. But we have hope for eternal life and peace. Because of God we can endure the pain here... He can give us comfort and strength.

Even though God is there to comfort you, don't try to do it alone. So many people try to handle their grief on their own and it ends up prolonging the grieving process and can sometimes result in poor choices. I'm sure your grandma loved you very much and would be thrilled to know that you cherish the beautiful memories of her. In fact, you will always have memories of your grandma that warm your heart, and there may be days when you still feel an ache or longing inside because she's not here anymore. Though it seems like a cliché, it is very true; time will ease your pain and help you deal with this loss. As far as getting over it, well... Losing someone we love isn't a matter of getting over it. It's a matter of getting through it.

Articles are written by Bob Lenz, Tiffany Thompson and other national youth communicators with Life Promotions Inc., a non-profit youth organization committed to instilling hope, worth and value in youth.

Life Promotions • Appleton, WI • [www.lifepromotions.com](http://www.lifepromotions.com) • 800-955-5433

