



*There's an elephant in the room.
It is large and squatting, so it is hard to get around it.
Yet we squeeze by with, "How are you?" And "I'm fine..."
And a thousand other forms of trivial chatter.
We talk about the weather. We talk about work.
We talk about everything else...
Except the elephant in the room.*

*There's an elephant in the room. We all know it is there.
We are thinking about the elephant as we talk together.
It is constantly on our minds.
For, you see, it's a very big elephant, it has hurt us all.
But we do not talk about the elephant in the room.*

*Oh, please, say his name!
Oh, please, let's talk about the elephant in the room.
For if we talk about his death,
Perhaps we can talk about his life.
Can I say his name to you and not have you look away?
For if I cannot, then you are leaving me
Alone.... In a room... With an elephant.*

~Author Unknown

(Reprinted with permission of Bereavement Publishing, Inc. 1-888-604-4673 (HOPE))

About the Elephant...

During this very difficult time please remember that we are each individuals and need to be allowed to remain so. People grieve in very different ways...

Men think women "dwell on it too much" because they have a driving need to talk about it, and women think their husbands don't really care because they refuse to talk about. Children, especially teens, often leave the room when the subject comes up...

Please, please don't put others in a box of "this is how you must grieve to do it right" because it will only build walls. We are each different, with different needs, and during this very difficult time each person needs to be allowed to work through this loss in any way they can.

Sometimes just surviving the day looks like a huge mountain! How can we be expected to deal with all we have to work through in a way someone else expects us to? It's way too much to ask!

Many parents that lose a child end up divorcing. Families often point fingers and blame each other when it's a suicide. Please be kind to each other... one day life will feel livable again and you will be glad that you still have each other.

We, at Survivors Road2healing, are here to help you with those differences and with the healing process. We really do care, and we remember when we were where you are now. How could we ever forget?

Healing hugs, Louise

Founder of

© SURVIVORS ROAD2HEALING

www.road2healing.com