

## GRIEF SERIES: I Still Talk to My Loved One



**Talking to your spouse was the most natural thing in**

**the world to you.** Why wouldn't it feel natural to continue talking to him even though you know he is no longer physically present? After a loved one dies, there is such a silence. Many find that talking to their loved one helps to fill that silence and bring them comfort and reassurance.

**If your loved one was somebody from whom you sought advice when making a decision, it is natural to want to talk out the options.** Oftentimes, you know what his answer would be and you feel a sense of peace in realizing that.

**Communicating with someone who has passed does not mean you are crazy.** It simply means you are wanting to keep the connection active with that person. There is nothing wrong with that. Sometimes that connection is through talking out loud and sometimes it is through the written word. There are many people who find comfort in writing to their loved ones and being able to express thoughts and feelings to them.

**Talking to your deceased loved one can be helpful as you go through the grieving process.** You may notice that as time goes by, the need to speak to him may decrease. This doesn't mean you are missing him any less or that you are done grieving. It simply means you are moving through your grief and perhaps you are in a place where you feel comfortable having the connection without the conversation.

Losing someone close can be difficult to handle alone. Do you need help?

Call **(800) 801-4182** or **(402) 354-8000** to schedule a confidential appointment. You can also access our website at [www.BestCareEAP.org](http://www.BestCareEAP.org).

\*From Aug/2021 to July/2022, Best Care will be featuring a series of monthly articles on grief, written by Amy Monzingo, MS, LMHP, a licensed counselor with Best Care EAP.