

LOSS OF A SPOUSE SERIES

MAKING DECISIONS ALONE

You do not need to make every decision today. One choice at a time is enough.



When Choices Once Shared Are Yours to Carry

Change | Confidence | Support | Gentle Care

After the loss of a spouse, decisions that once felt shared may suddenly feel heavy. From everyday choices to important practical matters, you may miss having your person to talk things through with. Feeling uncertain does not mean you are incapable. It means you are adjusting to a great change.

You can pause, ask questions, and take your time when you can.

You are learning to carry choices that were once shared.

1 WHY DECISIONS FEEL HARDER

- You may miss talking choices through with your spouse.
- Even small decisions can feel emotionally heavy.
- You may worry about getting things wrong.
- This uncertainty is part of adjusting.

2 THE EVERYDAY CHOICES

- Meals, errands, and household needs may feel different.
- You may be handling jobs they once did.
- A simple choice can bring a wave of grief.
- One small decision at a time is enough.

3 THE BIGGER DECISIONS

- Some choices may feel urgent or overwhelming.
- You may need time to understand your options.
- Ask questions before you decide.
- It is okay to seek appropriate professional guidance.

4 BE GENTLE WITH YOURSELF

- There is no "should" in grief.
- Pause when your mind feels overloaded.
- Rest when your heart and body need it.
- You do not have to prove you can do it all alone.

5 GIVE YOURSELF TIME

- Not every decision has to be made immediately.
- When possible, let big choices wait until you feel steadier.
- Break a task into smaller steps.
- You are allowed to change your mind.

6 ASK FOR A SECOND VOICE

- Talk with someone you trust.
- Bring a friend or family member to an appointment if helpful.
- Write down questions before a conversation.
- Support can make decisions feel less lonely.

7 BUILDING CONFIDENCE SLOWLY

- Notice the choices you have already managed.
- Give yourself credit for getting through hard days.
- Small successes can build trust in yourself.
- Confidence can return slowly.

8 MOVING FORWARD WITH CARE

- Making decisions alone does not mean your spouse is forgotten.
- You can carry their values with you.
- You are allowed to choose what supports your life now.
- There is hope in each gentle step forward.

A GENTLE REMINDER

You can make the next right choice for today, with care and the support you need.



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Love remains part of every step forward.

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