

# LOSS OF A SPOUSE SERIES

## MISSING YOUR PERSON

### *The Love and Longing That Remain*

Longing | Memories | Connection | Gentle Hope

Missing them is not  
moving backward. It is  
love reaching for  
someone important.



A spouse is often the person you shared the ordinary and extraordinary parts of life with. Missing them can show up in quiet moments, in a story you want to tell, in a decision you wish you could share, or simply in the ache of wanting them beside you again.

*You are allowed to say their name and miss them deeply.*

*Your longing is part of the love you still carry.*

#### 1 WHY YOU MISS THEM SO MUCH

- They were part of your daily world.
- They knew your stories, habits, and hopes.
- You may miss being understood without explaining.
- This kind of longing comes from deep connection.

#### 2 THE EVERYDAY MOMENTS

- You may want to share a thought or piece of news.
- Meals, errands, and evenings can bring reminders.
- A familiar saying or song may stop you in your tracks.
- The ordinary can hold the deepest longing.

#### 3 WHEN LONGING COMES IN WAVES

- Longing can arrive suddenly and without warning.
- It may come with tears, restlessness, or numbness.
- Some days it may feel softer; other days it may not.
- There is no timetable for missing someone.

#### 4 BE GENTLE WITH YOURSELF

- There is no “should” in grief.
- Let yourself feel what is true today.
- Rest when your heart and body need it.
- You do not need to hide your sadness.

#### 5 WAYS TO STAY CONNECTED

- Speak their name and tell stories about them.
- Write a letter or keep a journal of memories.
- Keep a tradition that feels meaningful.
- Choose the ways of remembering that feel right.

#### 6 SHARING YOUR GRIEF

- Tell a trusted person when you are having a hard day.
- Let others know it helps to hear their name.
- Consider a grief support group.
- You do not have to carry the longing alone.

#### 7 MAKING SPACE FOR LOVE

- Your relationship does not disappear because they died.
- Love can continue through memory and meaning.
- You can honor their influence on your life.
- Connection can take a new form.

#### 8 HOPE BESIDE THE MISSING

- Missing them and living forward can exist together.
- A moment of joy does not lessen your love.
- You can carry them with you in meaningful ways.
- There is room for love, sorrow, and hope.

#### A GENTLE REMINDER

*The love you shared is still part of you, even as you learn to live without them.*



#### MOURNING DISCOVERIES

Compassionate Grief Support, Education & Guidance  
*Love remains part of every step forward.*

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