



DISBELIEF AND GRIEF

*When Your Heart Still Can't
Accept What Happened*

After the death of someone we love, part of us may understand the loss intellectually while another part struggles to accept it emotionally.

You may find yourself:

- ♥ Reaching for the phone to call them
- ♥ Expecting them to walk through the door
- ♥ Thinking, "This can't be real."
- ♥ Feeling surprised all over again when you remember they died

This is not denial. This is grief.

*"I still can't
believe they're gone."*



WHY DISBELIEF HAPPENS



Our minds can understand death much faster than our hearts.

When someone has been part of our life for years—or even decades—their presence becomes woven into our daily routines, memories, and our sense of security.

When they die, the mind knows.

The heart takes longer.



YOU MAY NOTICE



- ♥ Thinking, "This doesn't feel real."
- ♥ Forgetting for a moment they died
- ♥ Looking for them in familiar places
- ♥ Feeling shocked by reminders
- ♥ Expecting a phone call or visit
- ♥ Feeling confused by the permanence of the loss
- ♥ Wondering how life can continue without them



THE TRUTH ABOUT DISBELIEF



- ♥ It is normal.
- ♥ It does not mean you are grieving incorrectly.
- ♥ It is your heart slowly adjusting to a new reality.
- ♥ Acceptance is not a single moment.
- ♥ It often comes in small pieces over time.



GENTLE WAYS TO COPE



Talk about
your loved one



Share
memories



Look through
photographs



Allow yourself
to cry



Journal your
thoughts



Spend time with
supportive people



Practice patience
with yourself



Take one day
at a time



REMEMBER... ♥

Sometimes the reason it feels impossible to believe is because the love was so great.

When someone has been part of our world for so long, their absence can feel unimaginable.



*Your disbelief is not weakness.
It is evidence of love.*



*Always
in my heart*

SMALL STEPS THAT CAN HELP ♥



Look at a
favorite photo



Write down
a memory



Speak their
name



Share a story
with someone



Spend a few
moments outdoors



Allow yourself
to feel
what comes



Reach out
for support



YOU ARE NOT ALONE



"I still can't believe my father died."

Seven months later, many grieving people say the very same thing.

Love takes time to adjust to loss.

And sometimes the deepest love takes the longest.



**MOURING
DISCOVERIES**

Compassionate Grief Support,
Education, and Hope

*You do not have to
walk this path alone.*

