

LOSS OF A SPOUSE SERIES

THE LOSS OF YOUR FUTURE TOGETHER

Grieving the Life You Thought You Would Share

Dreams | Change | Meaning | Gentle Hope

It is okay to grieve the future you imagined, not only the person you lost.



When a spouse dies, you may be grieving the life you planned together as well as the person you loved. The future may have included shared dreams, celebrations, travel, retirement, family moments, or simply the comfort of believing you would face life side by side.

*Your future changed because your love and life were intertwined.
You are allowed to take the days ahead one at a time.*

1 WHAT YOU MAY BE GRIEVING

- The retirement, trips, or plans you talked about.
- Milestones you expected to share.
- The comfort of growing older together.
- The simple future you assumed was still ahead.

2 WHEN THE FUTURE FEELS EMPTY

- You may wonder, "What happens now?"
- Looking ahead may feel frightening or painful.
- Plans may no longer feel meaningful.
- It is okay not to have answers today.

3 THE DREAMS YOU SHARED

- Some dreams were spoken; others were quietly understood.
- A place, date, or idea may bring sudden grief.
- You may feel sadness for what will not happen.
- These dreams mattered because your relationship mattered.

4 BE GENTLE WITH YOURSELF

- There is no "should" in grief.
- You do not have to make big plans right away.
- Rest when your heart and body need it.
- Let today be enough when it needs to be.

5 FACING CHANGE SLOWLY

- Some changes may feel necessary; others can wait.
- You can take practical decisions one at a time.
- Ask someone you trust to sit with you through hard choices.
- There is no prize for rushing.

6 MAKING ROOM FOR MEANING

- Meaning may come through love, memory, or service.
- You may notice what your spouse taught you.
- Their influence can remain part of your life.
- Purpose can grow slowly and gently.

7 A FUTURE THAT LOOKS DIFFERENT

- A different future is not a betrayal of the one you shared.
- You can carry love into what comes next.
- New hopes can appear without replacing old dreams.
- You are allowed to imagine a life with meaning again.

8 HOPE FOR TOMORROW

- Hope does not require forgetting.
- It can begin with one manageable day.
- You can honor the past while living in the present.
- There is room for love, grief, and possibility.

A GENTLE REMINDER

A different future does not erase the love or the life you once imagined together.



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www.yourgriefresources.com
yourgriefresources@gmail.com | 315-725-6132
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