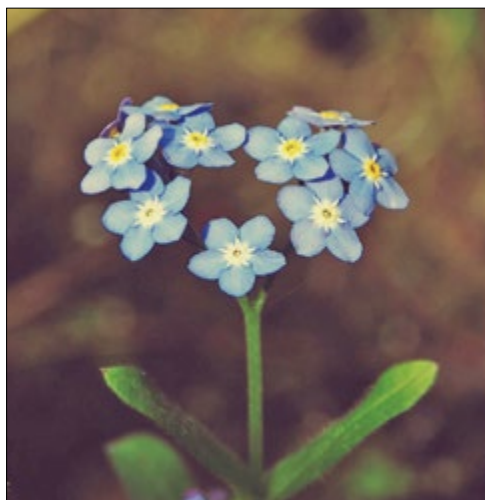


# FINDING HOPE

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*After The Death Of Your Wife*

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Jason Troyer, PhD

**GriefPlan.com**

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Jason Troyer, PhD

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# Finding Hope

## *After the Death of Your Wife*

By Jason Troyer, PhD



### **To the reader,**

I can't express how sorry I am for your loss. Most men find the death of their wife, even if it was expected, to be one of the most difficult events of their lives.

I wrote this booklet to provide you with comfort, hope, and information following the death of your wife. I have included information about common grief reactions and responses, strategies for helping yourself, and other topics. You can find free resources, free videos, book recommendations, and details about my GriefPlan program at [www.GriefPlan.com](http://www.GriefPlan.com).

I hope this booklet will be helpful to you as you mourn the death of your wife.

Sincerely,

*JASON TROYER, PHD*

[www.GriefPlan.com](http://www.GriefPlan.com)

Finding Hope After the Death of Your Wife  
Jason Troyer

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This book is not designed to replace information from a mental health professional or a physician. The reader should consult an appropriate professional in matters relating to his or her physical and emotional health.

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## Paul's Story

*This brief story is a combination of several widowers' experiences. I'm sharing it with you as an example of some of the reactions you may be experiencing. All of Paul's reactions and responses are completely normal following the death of a spouse.*

Paul and Doris both came from the same small town; they met when Paul was 23 and Doris was 19. They got married after a 5 month courtship. Like most couples, their life together had its share of ups and downs. Paul was out of work for a while after being laid off. Doris survived cancer. Their three children each went through a wild stage. While their relationship wasn't perfect, the happy memories easily outweighed the unhappy ones.

Between being older than Doris and not having any friends that were widowers, Paul had always assumed he would die before his wife. But one day Doris was late coming home from shopping, so Paul called her phone. He was shocked when an emergency room nurse answered the phone and told him that Doris had suffered a major stroke. He half-believed he was just having a nightmare until he saw Doris's body at the funeral home.

While planning the funeral service, Paul made specific choices about what he wanted to have happen. For example, he wanted to be one of the pallbearers. Paul felt like he should help carry his wife one last time. He also ordered a display of white roses — it reminded him of the bouquet his wife had held at their wedding.

Paul had a visitation and a funeral service for Doris. He was initially dreading these events. However, Paul learned so many new things about Doris at both events. He was happy to hear how many people remembered specific times when his wife had said or done something kind and thoughtful for them. It wasn't easy to talk about his wife, but it was heartwarming to hear how she had been an important part of so many peoples' lives.

The night before the funeral Paul was sitting in his recliner. For a few moments he thought he saw Doris sitting in her usual chair

reading a book — as she had done for years. As he began to speak, her image disappeared. Paul felt a mixture of emotions. Seeing his wife surprised him. He was happy and thankful to see her again, but he was frustrated the experience only lasted a few seconds. More importantly, Paul took great comfort in the event. He believed it was a sign that his wife was in heaven.

Sitting in the funeral service made Doris's death seem so final. Paul knew he would have to face this new reality, but everything seemed to be happening so quickly. Paul cried throughout the funeral service. A part of him thought he shouldn't be crying so much, but a larger part of him felt such terrible sadness that he couldn't really control it. Paul wondered if others thought he wasn't handling his wife's death very well; he also questioned if his thoughts and feelings were normal.

One particularly meaningful part of the funeral service was when his daughter shared stories about Doris. She recounted a time when Doris had found all three children in the living room re-enacting a scene from Winnie the Pooh. Each child had taken a quart jar of honey and poured it over themselves. Given that the



damage had already been done, Doris had picked up a fourth jar of honey and poured it over all of them while laughing. Everyone, including Paul, laughed — it was a great example of Doris’s patience and humor. Paul thought about how good it felt to laugh, but then felt guilty about laughing during his wife’s funeral.

After the funeral, Paul faced many new challenges. He had to sign lots of documents and deal with numerous financial and legal matters. While Paul had often dealt with their long-term financial planning, Doris had taken care of the day-to-day finances and bills. Paul was fortunate to have a trusted attorney to help with the more complicated legal issues because he found it so difficult to concentrate on anything. Paul was often distracted during the business and legal meetings and could not even seem to follow a television program.

Some of the biggest challenges Paul faced were the day-to-day experiences when he was reminded that Doris had died. For example, Paul woke up early a few days after the funeral and began to make breakfast. After a few minutes he looked around the kitchen. To his surprise he had set the table with two place settings and was making enough toast and eggs for two. Paul couldn’t believe what he had done. He felt the tears run down his face as he stood in the kitchen. “I must be losing it,” he thought to himself. He also found himself feeling angry at his wife. They had both retired just a few years ago and had so many plans for traveling and other adventures. He couldn’t believe that she wasn’t going to be around to follow through on their plans.

Paul experienced many of these “first moments” — like when he heard the phone ring while he was repairing a leaky faucet and he called out to Doris to answer it. Another first was when he realized he didn’t know the birthdates of each of his grandchildren and he was going to have to purchase each card and gift himself.

Paul discovered there were consistent times during the day when he felt especially lonely. He found himself missing Doris in



the morning — they had always gone for a walk after breakfast. He also found the house was so quiet in the hour before going to bed. During these times he felt particularly alone.

Paul had visits from his friends and family during the first several weeks after Doris’s death. Sometimes he enjoyed these visits while other times they were exhausting. But the visits slowed down after a couple of weeks. About three months after the funeral Paul found that he was still missing Doris desperately, but everyone else seemed to have moved on. Paul felt especially lonely and sad during this time. He began to wonder why he wasn’t getting over his grief more quickly and if he was doing something wrong.

*To see how Paul deals with these adjustments and his grief, read the Epilogue.*



### *Common Grief Reactions*

You may have a wide variety of reactions over the weeks, months, and years following your spouse’s death. Here are several common grief reactions following the death of a spouse.

- Sadness & Crying
- Guilt & Self Blame
- Helplessness & Shock
- Loneliness & Yearning
- Anger & Irritability
- Fatigue & Lack of Energy
- Insomnia & Restlessness
- Forgetful & Absentminded
- Lack of appetite
- Dreams about the deceased
- Regret
- Relief

## **Normal Grief Reactions following the Death of a Wife**

*Shock:* Other than sadness, shock is one of the most common reactions following the death of a loved one. Many widowers go through a period of shock after learning their spouse has died. This is especially true for men because most expect to die before their wives. This shock may last a few hours or several weeks, and it is a normal reaction unless it lasts for more than several weeks. Many people don't cry when they are in this state of shock. Let me assure you that not crying in the days and weeks following your loss does not mean that you didn't love your wife. (On the other hand, crying after your loss does not make you less of a man.) Do not belittle or ridicule yourself if you have been unable to cry. It is common for widowers to be busy with planning the funeral and dealing with legal matters; you may not have had time to fully experience the loss of your wife.

*Disbelief:* After being married for many years, it is normal that it will take your mind a while to fully understand that your wife has died. Most widowers experience frequent "disbelief" reactions that are a normal part of the early grief process. These moments of disbelief occur in small ways several times a day. For example, you may hear your phone ring and momentarily think, "That's my wife calling" before remembering she is gone. Or you may wake up in the morning and reach across the bed as you've done a thousand times only to find she isn't laying there. These are normal reactions to the death of a loved one, and they may happen for many months after your wife's death. After all, many men developed patterns and habits with their wives that were part of a decades-long marriage. It is completely understandable that it would take time to get used to her not being around.

*Avoidance:* You may find that you want to avoid thinking about your wife and her death. This is also normal. It is unhealthy and unhelpful to either constantly think about your wife or to always avoid thinking about her. It is normal and healthy to take breaks

from your grief. You deserve to have time to focus on yourself, your other loved ones, and the practical challenges that you now face. It does not mean you love your wife less, and it does not mean you are grieving incorrectly.

*Guilt & Anger:* Guilt is also a frequent reaction following the death of a spouse. Widowed persons often ask themselves questions such as “What if ...?” “If I had only ...” and “Why didn’t I ...?” These questions are very common and normal. There was likely nothing you could have done to prevent your wife’s death. Men often believe they should be able to protect their wives against any harm. But even if you had forced her to go to a physician’s appointment or asked her not to leave the house that day — none of these things would have guaranteed the outcome would be different.

You may also find yourself feeling more angry and irritable than usual. When a loved one dies, sometimes we’d like to think there is someone who should be at fault. This may be especially true when the death is sudden, unexpected, and involves an accident or intentional harm. Of course in some cases, like a negligent surgeon or a drunk driver, your anger will be completely justified.

But perhaps the most important questions are: What is the anger doing for you? What purpose is it serving? Anger can be helpful. It may drive you to make changes like starting a charity in your wife’s name or getting a law changed. But anger can only help at the beginning of these changes. It cannot be used to maintain these causes because anger is too destructive to the survivor if it is maintained over a long time. Anger can only be healing if it is transformed into a desire to help others; eventually charity, grace, and altruism must replace anger as the primary motivators.

Some widowers are afraid to give up their guilt and anger. They mistakenly assume that if they are no longer experiencing guilt or anger, then they will begin to forget or dishonor their wives. This simply isn’t true. You can continue to honor and remember your wife without the self-destructive effects of long-term guilt and anger. After all, if your wife could talk to you, would she want you

to live the rest of your life consumed with guilt and anger? Or would she want you to remember and honor her, but also enjoy your remaining years?



*Relief:* There are two common situations where widowers may feel relief following the death of their wives: when the widower was a caregiver or when the relationship was troubled. You may have been caregiving for your wife for weeks, months, or years while she was ill. In these situations it is normal to experience relief – both that your wife is no longer suffering and that you are no longer required to perform caregiving

tasks. Some widowers experience guilt in association with this relief. They convince themselves they are being selfish for being released from their caregiving role and believe they should not experience any sense of relief. Try to recognize that your wife would not want you to be consumed with guilt. After all, she has been released from her pain and illness and you should be released from your caregiving duties. This does not mean you don't love your wife or honor your relationship.

The other situation where you may feel relief is when your marriage was troubled and conflicted. Although we are taught not to speak ill of the deceased, the reality of the situation may be that your wife had numerous faults. You may have loved her as a person, but not liked some of her behaviors. To make things more difficult, others may not have known about your wife's faults, and they may speak of her as being more admirable than she really was. In these situations, it can be incredibly helpful to find a trusted friend or professional you can confide in.

## Should I Get Professional Help?

First, you should always seek professional assistance if you think it would be helpful to you. You certainly don't have to be "crazy" or mentally ill to benefit from grief counseling or a support group. Mental health professionals can provide an unbiased perspective and can help you develop strategies for becoming "unstuck" in your grief. Grief counseling is not a magic potion or a cure for your grief; you won't walk out of your sessions feeling as though your grief has disappeared. But professional assistance can help you better understand your grief and can provide a safe environment for talking about your concerns.



### *Signs You May Need Professional Help*

- You feel that you are "stuck" in your grief in some way
- Your grief has not lessened (or has gotten worse) after several months or a year
- Your feelings of guilt and/or anger have not diminished
- You can't say your wife's name or you won't allow others to talk about her
- You experience grief, depression, and/or anxiety that impairs your ability to take care of yourself, be effective in your work, or maintain your relationships with others
- You experience thoughts of self-harm or suicide (Always seek help in these situations)
- Your use of alcohol, medications, or illegal substances impairs your ability to be a fully-functioning person

*\*All of these signs (with the exceptions of thoughts of self-harm or substance abuse) refer to your situation several months after the loss — not immediately after your wife's death.*

# Common Questions About Grief

## *What About the Stages of Grief?*

The most widely known theory of grief is Elisabeth Kubler-Ross's Stages of Grief. Many people assume that her stages (denial, anger, bargaining, depression, and acceptance) are the "right" way to grieve but this is incorrect. Research and professional experience support the view that grief reactions are very individualized — they do not follow one pattern. So don't be worried if you don't feel angry or if you don't experience denial. Each person's process of grief is unique, and you shouldn't try to match your reactions to any specific stage of grief.

## *How Long Should Grief Last?*

Many people expect grief to be something you "get over" in a matter of weeks. In fact, your grief may last a year or more and many feel grief even longer than that. Most widowers find their grief eventually lessens, but also feel that a part of them is always grieving the loss of their spouse.

Although most widowers report they are feeling better 1 to 2 years after their loss, this does not mean that grief necessarily follows a pattern of improving each day. Some researchers have found that grief may peak between 4-8 months following the death. One possible reason for this is widowers are often well-supported during the first few weeks after their wives' deaths, but the support eventually declines after a month or two. However, the widower continues to feel the grief intensely, but has much less support than before. Indeed, many well-meaning friends and family members may suggest that your grief should be over within a few months. This simply is not true.

Furthermore, many widowers report "grief bursts" — moments or days when their grief is especially painful. These bursts of grief may be due to significant days (e.g., wife's birthday, wedding anniversary, holidays, etc.) or random reminders of your wife. These "bad days" can also be a result of a new realization or a new

“first.” For example, you may feel the pain of your loss when your grandchild graduates and your wife isn’t there to see it. These reminders may even seem silly to you and others — perhaps the roses in her garden finally bloomed and you find yourself upset that she didn’t get to witness it. Grief bursts are a normal, although painful, part of grief. Most importantly, experiencing them does not mean that you are regressing or that you are not grieving correctly.

### *How Do I Achieve Closure or Resolution?*

One of the most common questions I get is “How do I get closure?” I have to admit, I don’t like the term “closure.” I worry that widowers who think they should have closure assume the goal of grief is to never again feel sadness or pain about their wife’s death. A more reasonable goal is to get to the point where you are not feeling intense pain every time you think about your wife.



Grief doesn’t get wrapped up. It changes, it evolves, but important losses are life-changing events. We don’t ask newlyweds how quickly they get back to the way they were before getting married; we don’t expect new parents to get back to the way things were before they had their first child. Why do we assume we will “get back to” life as it was before the death of a spouse? Life will never be like it was before — no matter how much time elapses. Hopefully the loss won’t be as intense as it first was, but it is important to accept that life will always be different.

## *Is There a “Right” Way to Grieve?*

### HEART GRIEVERS & HEAD GRIEVERS

There are lots of assumptions about the “best” way to grieve. For many years, most people (including psychologists) assumed the only way to grieve was to express feelings of loss through crying and talking. More recently, grief experts have begun to rethink this assumption. In fact, many individuals adapt well by using other methods.

I believe (and recent research supports) there is no one correct way to grieve. There are some common responses, but grief is highly personal and unique. One view of grief that I support is the idea that there are two general styles of grieving: “heart grievers” and “head grievers.” Both ways of expressing grief can be normal and healthy. Heart grievers find comfort in sharing their feelings with others, experience grief very intensely, and express their loss through tears. Most women (but not all) tend to be heart grievers. Conversely, head grievers express their grief through their thoughts and actions, are uneasy crying in front of others, and often focus on solving the problems associated with their loss<sup>1</sup>. For example, head grievers may express their grief through taking an active role in planning the funeral, channeling their grief into physical exercise, spending time alone thinking about their spouse, and choosing specific times when they feel comfortable expressing their feelings. Not surprisingly, men are more likely to be head grievers, but some women also identify with this style. I should note that few people fall completely into one category or the other, and some people will feel comfortable with both styles (heart and head). Therefore, the best way to grieve is to follow your own natural style: heart or head.

<sup>1</sup> *The concepts of heart and head grievers are based on Ken Doka and Terry Martin’s concepts of instrumental and intuitive grief styles. See their book, *Grieving Beyond Gender*, for more information.*



## *Do I Have to Forget My Wife?*

There is a longstanding grief myth that it is necessary to eventually “let go” or forget the deceased. We now know that this is not a healthy and adaptive way to grieve. Instead, it is healthy and normal to maintain some “continuing bonds” with your wife after her death<sup>2</sup>. These bonds may include thinking and dreaming about her, talking to her and about her, visiting a gravesite or special place, and other ways of feeling connected to her. I believe these different ways of honoring and remembering your wife can be an important part of the grief process, as long as you balance them with continuing to love those who are still living.

<sup>2</sup>For more on this see the book *Continuing Bonds* by Klass, Silverman, and Nickman.



## **Helping Yourself: Practical Strategies**

### *Be Gentle with Yourself*

Give yourself at least as much patience and grace as you would give to a friend or loved one who had suffered the loss of a loved one. We are often much kinder to others than we are with ourselves.

### *Be Open to Opportunities*

Many widowed persons are hesitant to be a “third wheel” and turn down opportunities to socialize with others. I would encourage you to accept offers to socialize and dine with others, if you feel like doing so.

### *Take Care of Yourself*

Be sure to eat healthy, exercise, and take care of your physical health. It is common to feel a strange combination of exhaustion and nervous energy, yet also have difficulty falling and staying

asleep. Eating well and exercise can help drain some of this restlessness and may help you sleep better.

### *Express Yourself*

It can be helpful to express yourself through creative hobbies or activities. Some examples include sewing, quilting, woodworking, painting, writing poetry, singing, writing stories, or playing an instrument.



### *Share your Thoughts and Feelings*

Setting aside time and space when you feel comfortable talking with others can be incredibly helpful. This may involve talking with a trusted friend or family member, a clergy person, or a therapist. You may want someone to simply listen or to help you solve problems. The nature of these conversations may be different if you are a heart or head griever (see *Common Questions about Grief* section), but regardless of your grieving style, it can be helpful to gain another person's perspective and support.

### *Read Books about Other Widowers' Responses to Grief*

The death of a wife can be very isolating. You may not know many other widowers, or you may not feel comfortable talking with others. It can be helpful to read about how other widowers have dealt with the death of their wives. Books written by widowers can help you feel less lonely and can provide guidance about how to adjust to life without your wife. Please visit [www.GriefPlan.com](http://www.GriefPlan.com) to see my recommended books for widowers.

## *Engage in Meaningful Rituals and Activities*

Many widowed persons find it helpful to create meaningful habits and activities. These actions can be large or small, public or private, and symbolize your relationship with your wife. For example, you may find comfort in going to the cemetery to visit your wife. You might decide to donate money in your wife's name to her favorite charity or organization. Taking care of her flower garden might be your way to feel connected to her. More examples of these types of activities are listed in the next section.



## **Honoring & Remembering Your Wife**

There are many different ways to honor and remember your wife. The best ways are those that are meaningful to you and your loved ones. Think about what was important to your wife. What organizations and activities was she committed to? How can you help others remember her contributions and her legacy? But most importantly, what would be helpful for you as you grieve your wife? Below are some ideas to help you begin thinking creatively about ways to honor and remember your wife.

### *WAYS TO HONOR AND REMEMBER YOUR WIFE*

1) *Create a photo album, scrapbook, memory book, video montage, or other visual way to remember your wife.*

Creating a visual reminder of your wife and your life together can be a wonderful way to honor her and your marriage. Many widowers find great comfort in reviewing pictures of their wives as a way to remember the happy and important moments of life.

2) *Volunteer for or contribute to an organization whose mission you support.*

Many grieving people find it necessary to do something active as part of their grief response. They feel the need to “do something.” Volunteering at an organization that was meaningful to your wife or donating money to a cause she cared about can be a way to honor her legacy.

3) *Keep a special reminder with you.*

You may feel extremely lonely after your wife dies. This is a



natural reaction; most widowers were constant companions with their wives. It may help you to carry something that reminds you of your wife. For example, you might carry a picture of your wife, a significant piece of jewelry (e.g., wedding ring, a special watch, etc.), or something else of significance as a way to continue to feel close to your wife. Let me assure you that there is nothing pathological or unhealthy about doing this.

4) *Ongoing Rituals and Moments of Significance.*

There are many ways that you can continue to feel connected to your wife. Examples of daily, weekly, or monthly rituals include saying “good morning” to your wife’s picture as you get ready for the day, including her in your daily prayers, visiting her gravesite or other important location on a regular basis, and many other possibilities. Just as your relationship with your wife was built upon many daily interactions, so too can your connection be maintained with small, but significant moments of remembrance.

## Epilogue: Paul's Story

*This is a continuation of Paul's story from the beginning of the booklet. At the end I discuss how all of Paul's reactions are normal responses to the death of his wife.*

Over the next several months Paul began to make some adjustments to his schedule and activities. Many of these were small changes, but each helped him in its own way. Because he felt particularly lonely in the mornings, Paul joined an exercise class three mornings a week. He met some new people his own age and he would often join them for breakfast at a local diner after class. Paul enjoyed starting the day with some conversation; it gave him something to look forward to in the mornings.

Like many widowed people, Paul worried that he would forget all the wonderful things about his wife and their life together. He decided to put together a video collage that included pictures and memories that spanned their entire relationship. Paul's son taught him how to use the necessary photo and video-editing software. Paul was particularly proud of pairing the pictures with songs that he and Doris liked to dance to. Paul also made a donation in Doris's name to a local historical site where she had volunteered. The historical site put up a small plaque honoring Doris's service and the donation.

Paul made regular visits to Doris's grave. He would often bring white roses early in the morning and he would talk to her — just like they used to do at breakfast. Paul updated Doris on their children and grandchildren and their activities and accomplishments. He would talk about the decisions he had made and would tell her how much he missed her. It was especially important for him to report back after any trips. Paul often thought about how much he wished that his wife could enjoy retirement with him.

About nine months after her death, Paul found that most of his memories about Doris were happy ones. He occasionally cried and missed her terribly. He was a little worried that he would be facing

his first Christmas season without her, but Paul had talked about it with his children and they were making adjustments to help incorporate Doris's memory into their celebration. Paul especially wanted his grandchildren to experience and understand all of the traditions that Doris had maintained.

Paul found that he had grown quite a bit since Doris's death. He had learned to manage many of the tasks that Doris had always completed. For example, he learned how to handle the monthly bills and he no longer was intimidated by the laundry or shopping. He had become more active with his children and grandchildren and regularly talked with them on the phone and sent gifts and cards for important occasions. While he would trade all of this for having Doris back, Paul knew that wasn't possible. He had finally reached the point where he could think about the past with more joy than pain, and he could consider the future with a sense of hope.



## Paul's Story: Dr. Troyer's Commentary

All of Paul's reactions to his wife's death were normal responses. I'll comment on several specific reactions:

- It is normal to be in a state of shock and disbelief after hearing about your wife's death. Most men never expect to outlive their wives and it can be very distressing when this happens.
- Most people have difficulty concentrating or focusing after the death of a loved one. It can be difficult to sustain a train of thought or follow conversations.
- Some widowers think they are being weak or unmanly if they cry. Crying is simply one way that people show they are hurt and grieving. It does not mean you are less of a man.
- It is normal to feel a wide range of emotions and reactions during grief — including laughter. Don't feel guilty if you laugh while you are grieving. Telling humorous stories about the deceased can be a great way to honor them and take a break from intense sadness.
- Vivid dreams and even more unusual experiences (e.g., Paul seeing Doris in her chair) are common and normal. Approximately half of all widowed adults experience some type of unexplained and/or vivid experiences.
- Although no one looks forward to a funeral or a visitation, many people (like Paul did) find that these events can be an opportunity to learn about their loved one from others, express their sadness, and share the legacy of the deceased.
- Like Paul when he fixed breakfast for two after his wife died, all bereaved spouses will experience random moments when they feel the pain of their loss. These moments are often impossible to predict, but they are a normal part of grief.

- In addition to feeling sadness, Paul was frustrated that Doris had died and they couldn't enjoy retirement together. Whatever the reason, it is common to be frustrated or even angry with the deceased. Most grieving people don't think they can talk about their frustration for fear they will be viewed as uncaring. It can help to talk with a trusted person who won't judge your anger.
- Many widowed people find there are specific times of day and days of the week when they especially miss their spouse. It can be helpful to identify these times and create new activities or patterns — like Paul did when he attended the morning exercise class. I am not suggesting you try to stay so busy that you never think about your spouse, but new activities and patterns can reduce your feelings of loneliness.
- There are many things you can do to honor your wife's memory. Paul decided to create a video montage and donate to a cause that was important to Doris. For other examples see "Ways to Honor and Remember your Wife."
- Paul visited Doris's grave and would talk to her as if she were there. This is a very common and normal thing to do. It can help you feel like your wife is still a part of your life.



## A Final Word of Hope

While no words can take away your grief, I hope this booklet has provided you with information and comfort. I want to remind you that grief takes many different forms and it may resurface at seemingly random times. In addition to these moments of pain, you will eventually have unexpected pleasant memories. For example, you may smile whenever you drive by a movie theater because it reminds you of your first date with your wife. For most people the ache of grief does lessen over time.

My hope is that you are surrounded by supportive loved ones as you grieve the death of your wife and that eventually your happy memories endure longer than the sad ones.

With sincerest condolences,

*JASON TROYER, PHD*

[www.GriefPlan.com](http://www.GriefPlan.com)



## About the Author



Dr. Jason Troyer is the creator of [GriefPlan.com](https://www.griefplan.com). In his professional experience as a therapist, grief researcher, and professor, he discovered that grieving people wanted a plan to help them on their grief journey. His GriefPlan Programs include videos, information, activities, writing prompts, and other tools to guide people to heal, remember, and rebuild after loss. Dr. Troyer also offers 1-on-1 GriefPlan Coaching for those who want additional help. He provides engaging presentations and workshops on a variety of grief-related topics. Dr. Troyer earned his doctorate in Counseling Psychology and masters in Counseling. You can contact Dr. Troyer at [GriefPlan.com](https://www.griefplan.com).

**GriefPlan.COM**

Heal • Remember • Rebuild

*With Dr. Jason Troyer*



## Feeling Lost & Stuck in Your Grief?



*I guide you through a plan to heal, remember, & rebuild after loss*

- **Free Videos & Resources**
- **GriefPlan:** Heal, Remember & Rebuild Online Program
- **Grief Coaching:** 1-on-1 Support

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WIDOWS • WIDOWERS • CHILD LOSS • SUICIDE  
PARENT LOSS • OVERDOSE • MEN'S GRIEF

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Jason Troyer, PhD

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