

YOU KNOW YOU'RE MAKING PROGRESS WHEN:

- *You can remember your loved one with a smile.
- *You realize the painful comments others make are in ignorance.
- *You can reach out to help someone else.
- *You stop dreading evenings, weekends and holidays.
- *You can sit through a church service without crying.
- *You can find something to thank God for.
- *You can be alone in your house without it bothering you.
- *You can talk about what happened to your loved one without falling apart.
- *You no longer feel you have to go to the cemetery every day or every week.
- *You don't have to turn off the radio when his or her favorite music comes on.
- *You can find something to laugh about.
- *You can drive by the hospital or that intersection without screaming.
- *You no longer feel exhausted all the time.
- *You can appreciate a sunset, the smell of newly mown grass, the pattern on a butterfly's wings.

- Judy Osgood
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