



And My Tears Fell Like Rain: The Grieving Process

Sandra McNamara

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This book of poetry was written to help those who are grieving the loss of someone. Grieving is a process that you will go through in your own time, in your own way. If you can't work through the steps of grieving then you can't move on with your life. Some days it will seem that you will never move on but the truth is, you will. According to professionals we go through seven stages of grieving...shock & denial, pain & guilt, anger & bargaining, depression, not necessarily in this order. My personal experience with the loss of my husband was the most traumatic event in my life. I've gone through all the stages of grieving and to this day I still have my moments. It seems like the roller coaster of the loss never will end, but at least now I can focus on the more pleasant times we shared. One of the best things I did for myself was go to a grief counselor to try to sort my emotions out. This may be something you might consider too. I had to remember that their were people in my life that wanted the old me back. Even sitting here typing these words cause tears to well up. They are right when they say you will eventually move on but the pain will never go away. Death leaves a hole in your heart that can't be filled. The poems inside were written to invoke the sadness of your loss through your tears. Crying is a way of healing. As you read these poems let your tears fall like rain. I wish you well on your journey through this phase of your life and there is indeed life after a death.

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