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Rebuilding Friendships & Relationships

It is likely that many of your personal relationships have gone through some changes following the death of your loved one. You may have found support and the experience has made you closer with some family and friends. Other friends and family may have avoided you out of fear or other reasons; perhaps the loss has strained the relationship. You may also have decided to limit your time with friends because you wanted or needed to focus on your loss or the practical challenges that have come up. It may be time to re-evaluate your relationships with family and friends.

Considerations

- The goal is NOT to return to all the relationships you had before; the goal is to determine which relationships you want to nurture going forward.
- Make a list of your friends and family with whom you were close before your loss. Which relationships are most strained? Are these relationships worth investing your time and energy?
- Are you angry with any of these individuals? Do you need to offer or seek forgiveness?
- With whom have you become closer since your loss? What has caused this?
- Is there an activity that you can participate in to reconnect with others?
- Are your differences related to grieving styles and no one's fault?