

Some examples of the way people describe their grief.

This list includes some of the things I hear from clients, from all parents (they are not documented in a research sense and are not in any order).

Someone has been taken/stolen from me without my permission.

Someone is missing.

I keep thinking he/she will come back.

It is so unfair.

I don't understand why...

Some people make such insensitive comments.

The hurt is so deep I can't describe it.

I just feel so so sad...

I don't have any energy to pay attention to our other children.

Was this my only chance to have a baby?

Oh, the deep ache of it all.

Wow, we were so excited!

Were we so naive we didn't think this would happen to us or did we just block it out?

No-one ever told me that this could happen.

This has happened to me, to us!

I'm just in shock.

I couldn't fix this.

I couldn't control what happened. I feel frightened.

I feel so guilty somehow.

It's my fault.

If only I did.... If only I didn't do...

Did I push myself too much?

There must a reason, a really good reason.

It is God's will.

Why did this happen?

I feel judged by others.

What do I tell people at work?

What do I do with all the baby things we bought?

Other people don't get it.

I feel sick.

I feel angry.

I can't eat.

I can't sleep.

I can't breathe...

Will this hurt ever pass?