



## I regret ...

- Nothing.
- All the arguments we had and not having the chance to say good-bye.
- Fighting with my brother/sister.
- Not hearing your music play and the telephone busy.
- Not sharing enough time with you.
- Not telling you how much I loved you.
- Not yelling or hugging you one more time.
- Not knowing when you were going to die.
- Hugging you because you were the "big brother/big sister."
- Not spending more time with you.
- Being a massive pest.

Issues Discussed at The Siblings Group, TCF Lehigh Valley, PA  
Reprinted from *This Healing Journey, An Anthology for Bereaved Siblings* By The Compassionate Friends



## A bereaved Sibling wrote...

*Siblings have to remember that their parents are so consumed by grief that they may not be able to worry about you. Don't feel that they don't love you, they do, but their grief is so strong that it is controlling them. Sometimes you feel you are lost in the shuffle. You are hurting and everyone is telling you to be strong and you keep saying to yourself, "What about me?"*

The demand for TCF program continues to grow as grief-related problems are recognized. The death of a sibling, however, is one of the most traumatic and least understood life crises. Adolescence is a particularly vulnerable period in which to experience such a loss. Bereaved teenagers and young adults must cope with normal developmental tasks at a time when the entire family is in crisis.

The attention and concern of family members and friends often centers on the bereaved parents. Surviving children are frequently referred to as the "forgotten mourners." They are encouraged by others to be strong for their parents and are often told they are young and therefore will get over the loss. As a result, children are offered a multitude of so-called comforting cliches' rather than the necessary information they need to mourn effectively and eventually to reach a satisfactory resolution of their grief.

By Judy Kaplan, Editor  
Reprinted from *This Healing Journey,*  
*An Anthology for Bereaved Siblings*

## How to Help Me Grieve

### Be there for me:

I feel alone, in pain.  
I need a friend.

### Share my sorrow:

Speak from your heart.  
I have to talk about my feelings.

### Let me grieve:

Listen to me, I need to cry.  
We all grieve in our own way and in a different time frame.

### Keep the memory alive:

It is always on my mind.  
I have so many memories.

### I need your help:

Help me, call me, pray for me.  
Do whatever you can.

### Don't desert me:

Don't desert me after the 1<sup>st</sup> or 2<sup>nd</sup> week.  
I need you especially on holidays.

### Take care of yourself:

I need to depend on you.

### Help me heal:

Involve me, listen to me months later.  
I need your interest and invitations.

### Be my friend:

Don't be afraid of me or my grief.  
It's okay to cry.  
Lastly, please don't criticize until you've walked in my shoes.

### Instead: Pray for me.

By Vivian Sagert, TCF Minitonas, Manitoba, Canada  
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