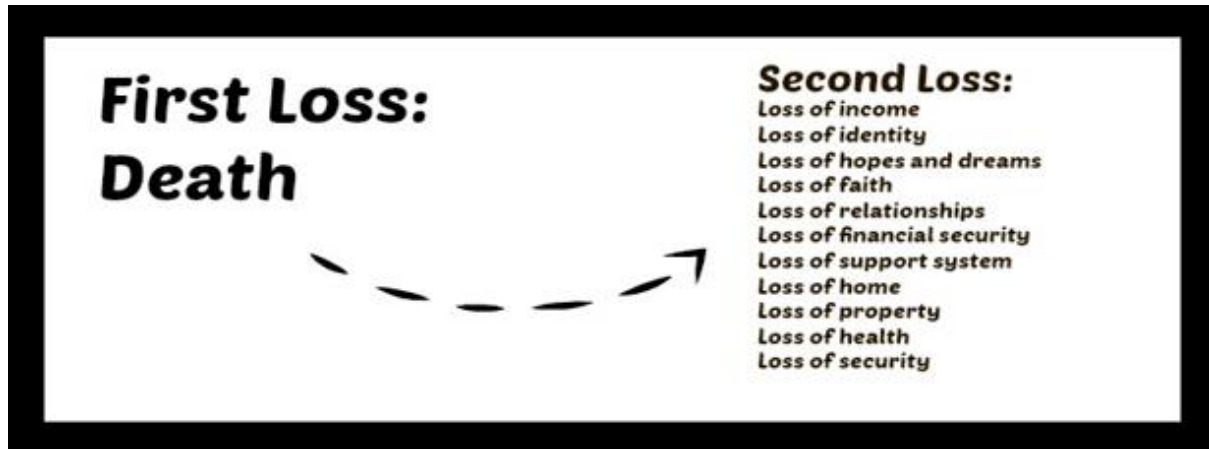


LOSS OF SPOUSE / PARTNER



Losing a spouse is an incredibly traumatic loss.

When your spouse dies, your world changes. You are in mourning – feeling grief and sorrow at the loss. You may feel numb, shocked, are fearful. You may feel guilty for being the one who is still alive. At some point, you may even feel angry at your spouse for leaving you. You are lonely, and may even be afraid.

All of these feelings are normal. There are no rules about how you should feel. Remember there is not right or wrong way to grieve.