When we lose someone we love to death, it can feel like the world as we knew it is ending. We still love them, and miss them, and wish more than anything we could see them again. We want to hold them in our arms and have them here by our side. It hurts not to have them in our lives, and it can feel like an important piece of ourselves has been snatched away. It's like losing a part of ourselves that can't be replaced. When we lose someone we love to death, it can feel like the world as we knew it is ending. We still love them, and miss them, and wish more than anything we could see them again.
When it feels like it hurts too bad, try to remember this: those we love are never truly lost from us. The sound of their voice...their friendly face...their reassuring words...their comforting touch...all of that is etched inside your brain. From the very first moment you were together, their presence was programmed with your mind - your brain was programmed with them inside. They are a part of you, and always will be, no matter what happens. So whenever you’re feeling sad and missing them too much, just close your eyes, calm your thoughts, and imagine a place and time when they’re right there by your side. Talk to them in your head and tell them your struggles. And though you can’t follow them in your side, think of them in your head and feel them in your heart. You’re right there by their side. Close your eyes, calm your thoughts, and imagine a place and time when they’re right there by your side. It is always better, no matter what happens, to be feeling the love and missing them too much. When it feels like it hurts too bad, try to remember this: those we love are never truly lost from us.