

**Your Grief: You're
Not Going Crazy**

For The Grieving



MADD
VICTIM SERVICES

Your Grief
You're Not Going Crazy

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Nothing in life is more painful than the violent and senseless death of a loved one. People have grieved as long as life in human form has existed, but grief and mourning is still not fully understood.

Researchers have identified dimensions, but there is no universal law pronouncing how one should or should not react to death. Each grieves differently, yet not so differently that he or she cannot find solace in sharing with others.

Sharing the pain is what this booklet is about. We believe that you will find yourself feeling somewhat understood as you read through these pages, and therefore feel less isolated and begin to regain strength.

Don't be alarmed if you cry while reading this booklet. That only means that you need to cry. Mourning involves crying. It is painful, but it is healthy. Most people feel some release from pain after crying because it helps them to get in touch with parts of themselves they couldn't touch any other way.

Understanding more about the uniqueness of your grief will not change how you feel about your loved one, but it may enable you to feel more comfortable about yourself. It may enable you, also, to take what others say with a grain of salt if their expectations of you do not fit with your own grieving experience.

The sudden, violent death which took

your loved one probably feels unlike any other loss you have experienced. You may feel angrier than you have ever felt and sadder than you thought possible. You may have frightening thoughts. You may do strange things. You may be afraid you are "going crazy." Don't be alarmed. Few people deeply in grief "go crazy." But moving through your misery can feel so devastating that you begin to question your own sanity.

A sudden death is more difficult to cope with than an expected death. When a person is violently killed, the death is even more traumatic. In drunk driving crashes, the fact that someone chose to be negligent or reckless simply cannot be assimilated. It makes no sense at all.

Second victimizations can add to the trauma of survivors if they experience rejection from society for what happened or callousness from services or programs that are supposed to help them.

Your family could never have been prepared for the fact that your loved one was killed suddenly and violently. Nor were you prepared to face weeks, months, and even years of waiting and uncertainty until insurance claims and civil suits are settled and criminal cases are resolved. During this period, friends counted on for support may fail you.

Unfortunately, many of those who attempt to comfort survivors, and even some professionals who should know bet-

ter, don't understand that grieving which is intense and long lasting is appropriate for the kind of traumatic stress victims of drunk driving crashes have experienced.

How you grieve and mourn depends on a number of things:

- The way you learned to cope with stress in your life before this tragedy;
- The quality of the relationship you had with the person who was killed;
- The circumstances under which your loved one was killed;
- The success you have dealing with the systems with which you must interact;
- Your religious beliefs and ethnic customs; and
- The emotional support you have from your family and friends while grieving.

ANTICIPATED DEATH

Let us look for a moment at what we know about grief surrounding death which is anticipated and non-violent. It is tempting to label this "normal grief," but few people in grief, even in the best of circumstances, feel "normal." However, the griever who knows ahead of time that death is approaching may react differently than you do.

When people learn that a loved one is likely to die, they may not believe it at

first. They may seek several medical opinions to be sure — and rightly so.

As they begin to believe that death really is forthcoming, they may get angry — angry that modern science can develop machines as miraculous as computers but can't find a cure for particular diseases. They may pray fervently for God to intervene and then feel frustrated if God doesn't seem to answer their prayers.

They may be sad and depressed as they face the fact that their loved one will die. They long for relief for their loved one as they see the body deteriorate.

If, however, they have been able to accept the fact that death is coming, and the one who is dying has reached a degree of acceptance, they have the opportunity to resolve feelings and relate lovingly and honestly during the last days.

Even in the best of circumstances, survivors are often surprised to find that they go through many of the same feelings of disbelief, anger and sadness after the death. It seems to be a part of human nature that emotionally healthy human beings resist death — their own as well as someone else's — and that is probably as it should be.

Knowing that death is approaching can bring people closer together, or it can cause them to distance themselves emotionally. Either way it is believed to cushion the impact of the death when it comes.

Coming to grips with an anticipated death may take from three to 24 months. In some cases it can take years. Most people find that if they "lean in" to grieving, allow their emotions to flow and talk openly about their loss, they will be cleansed of the pain, little by little. Those who attempt to deny their grief and pretend that nothing has happened may have more difficulty.

TRAUMATIC DEATH

Your experience may be quite unlike what has just been described because death came to your loved one suddenly. You had no time to say "goodbye," "I'm sorry," or "I love you."

Violence of the Death

The death your loved one faced was violent. His or her body may have been mutilated. That fact may be more painful for you than it was for the one who was killed.

When people are seriously injured, they usually go into shock and never experience pain. Many who have recovered say that it was some time before they felt pain, even if they drifted in and out of consciousness. Most do not remember the point of impact, whether it was from an automobile crash, a gunshot wound or other form of trauma.

Therefore, the shock to you, the survivor, upon learning of the tragedy may have been more terrifying than the expe-

rience of your loved one who died. Even so, you would have done anything to prevent your loved one's body from violation.

Human beings have personalities, and most people believe they have spirits or souls. But bodies are also important. You grieve the loss of your loved one's personality and spirit, but you also grieve the loss of his or her living body. You saw it. You touched it. It touched you. You miss it.

You not only miss the living presence and body of your loved one, but you may deeply resent the fact that it was not respected by the killer. You may feel guilty at not being able to protect your loved one, even if you know it was not possible.

Because of the condition of your loved one's body, you may not have seen it at the hospital or funeral home. If this was the case, you may rely on fantasies to form a picture of how he or she looked.

You may doubt that your loved one actually died. You may find yourself actually expecting him or her to walk through the door or call on the telephone.

Most people who were able to view the body of their loved one are glad they did. If you were unable to do so, you may have to find other ways to assure yourself of the reality of the death. The law enforcement agency that investigated the crash probably has photos. They may now be at the prosecutor's office. The medical examiner may have photos. The funeral

director may have photographs. If you wish to view them, your victim advocate will assist you.

Vehicular crashes are sometimes witnessed by family or friends. Shock, numbness and rage are normal reactions to witnessing such a violent scene. Your mind's visual imprint of the scene can be overwhelming and long lasting. Professional counselors can help you diffuse the impact of these memories. The counselor will provide emotional support as the experience is relived and utilize techniques to help recall the memory with less horror. With help, positive memories of the loved one will replace the distressing memories.

Untimeliness of the Death

A sudden, violent death is never timely. Whether the one killed was your child, mate, parent, brother, sister, or friend, the shock can be devastating.

If your child was killed, a part of you seems lost too: your parental drive to nurture and protect. A child's death feels terribly wrong. You expected to die before your child died. It doesn't seem right that this pattern was reversed. This is true whether the one killed was a young child or an adult child. Your child is always your child.

If your mate was killed, you may have suddenly lost your best friend, your lover, your co-parent, your primary confidant. Being forced to make major decisions

alone as you grieve and to maintain the family at the same time can be devastating. Facing financial responsibilities alone for the first time may add to the burden.

If your parent was killed, no matter how old he or she was, you deeply regret that the death was an undignified one. Although many will say, "He lived a good life," it feels wrong that you could not say "thank you for all you've done for me" and "goodbye."

If your brother or sister was killed, you may feel guilty at being alive, even though that doesn't make sense. Siblings are often much alike. Because a sibling's death can remind you of your own mortality, it is especially difficult to face. If your brother or sister could be killed in an instant, so could you. And the pain the death of your sibling has brought to your family may make you feel that the wrong child died. If your sibling was killed ask for MADD's brochure *We Hurt Too: For Adult Siblings of Someone Killed*.

Senselessness of the Death

Another difficult component of grieving the death of your loved one is the senselessness of it. You understand when bodies wear out with age or when diseases can't be cured. But this death was clearly someone's fault.

If you know the drunk driver, your mind may be in turmoil with confusing and conflicting feelings. It is difficult to blame

someone you know. You may worry about what will happen to him or her in the criminal and civil justice systems. Knowing that your loved one's death could have been prevented may be one of the most painful aspects of your grieving.

Criminal Justice Frustrations

Because drunk driving deaths require autopsies and involvement with the criminal justice system, you will no doubt feel frustrated as you face procedures you don't understand. You may be left out of meetings and hearings that are important to you. You may expect to be informed and involved in all critical stages of the criminal case, but you will not be unless you are assertive. For more information on drunk driving and the criminal justice system, read MADD's *Victim Information Pamphlet: A Guide Through the Criminal Justice System* or other materials offered by your local chapter.

Financial Stress

Your financial security may be threatened by the crash. Emergency medical care and funerals cost money. You probably missed days or weeks of work. You may have difficulty concentrating which may threaten your job security. You may have hired a special investigator to gather evidence for a civil suit. You may have paid for the travel of relatives to come to the funeral. All of that takes money. MADD's *Financial Recovery After a Drunk Driving Crash* brochure will help

you find solutions to some financial problems.

Faith/Philosophy of Life

There is a spiritual component to every victimization. People who have never thought about God before do so in the wake of trauma. Likewise, people whose faith is a significant part of their lives often find that they have to re-construct their theology to accommodate what has happened. You may have been told it was God's will, but that doesn't feel right to you. You may have been told you should forgive, but you know you can't honestly do that — at least yet. Getting your faith issues together may take time.

GETTING BETTER

The kind of person you were before your loved one was killed will make a difference in your pilgrimage toward recovery. If you are physically healthy and emotionally healthy, had a good relationship with your loved one, have a supportive network of friends, feel basically in control of your life, and tend to see crises as challenges rather than catastrophes, you will handle the trauma of your loved one's death better than those who are not so fortunate.

No matter how "all-together" you are, however, recovering from a traumatic and unexpected death will require a lot of patience and hard work. You will never be exactly the same again.

Getting better means:

- Solving problems and completing tasks in your daily life;
- Sleeping well and having energy;
- Feeling good enough about yourself to be hopeful about the rest of your life;
- Being able to enjoy the pleasurable and beautiful things in life.

You probably will be able to achieve these in time. But, it takes longer than most people think.

You will never forget what happened. If you are afraid to get better because you think you might forget your loved one, stop worrying about that. You will never forget. You will always cherish the memory of your loved one. You will always regret that you were unable to share life with him or her for many more years. However, in time, you will remember the happy memories more often than the painful ones which fill your mind now.

Denial

Denial is a wonderful thing. It is nature's way of warding off the full impact of trauma until you can absorb it. Most people, upon being told that a loved one has been killed, are rendered literally too weak to undertake the overwhelming task of grieving.

You may have gone into shock. Going into shock is something like being

given a general anesthetic. With the help of a quick spurt of adrenalin and other chemicals in your brain, your initial response may have been “fight” or “flight.” Fighters sometimes scream so they won’t hear the message or physically attack the person who has delivered the bad news. Those whose reaction is “flight” may faint or run to try to escape the pain.

Regardless of the initial impact, if you are like most people, you soon found yourself in a state of numbness. Looking back now, you may wonder how you remained calm. You may have completed some tasks which now seem impossible. You probably have a hard time remembering exactly what you did during those first few days.

During this time, people may have commented on how “strong” you were. One of the saddest parts of trauma is that people assume you are strong when you really are in shock. You may appear strong, but you feel like a mechanical robot. When the shock wears off and you desperately need your friends, they have resumed life as usual, believing that you are doing fine.

Denial following a violent and unanticipated loss should be considered normal and functional. You should be allowed to travel through this part of grief at your own pace because denial will serve you well until you are stronger and better able to cope. It is impossible to push through any part of grieving in order to “get it over with.” If you cannot think clearly, if you

seem forgetful and detached, be patient with yourself. If you need help, ask for it.

Fear/Vulnerability

Many survivors are surprised to find that they feel anxious, fearful and powerless in the aftermath of a killing. Even though you knew before your crash that tragedies happened, they happened to other people. Before your trauma, you did not feel vulnerable to crime. Since your loved one was killed, you may feel that life is “out of kilter.” It’s strange how we tend to believe that good things happen to good people and bad things happen to bad people. That belief, for you, has been proven false.

You may now feel that you and your remaining loved ones are more vulnerable than others. That’s frightening. You will need to think rationally and work hard to risk going out even when it frightens you. Little by little, you can overcome these fears. Many families find that professional counseling helps. It is maddening to realize that the killer not only destroyed your loved one, but also damaged the part of you that was previously confident and carefree.

Physical Symptoms

Stress following trauma can make you physically sick. As you experience sadness, confusion, fear, anxiety, and anger, you may find that you have no appetite. You may feel weak, as if you can’t

take another step. You may feel exhausted, but when you go to bed you can't sleep, or you sleep only a short time. Your sex drive may diminish.

Many survivors speak of generalized pain, stomach aches, or heaviness in their chest which some call "a broken heart." You may feel nervous and edgy.

Some survivors begin to think about suicide as these symptoms escalate. They wish they could die too, to escape the pain. It is at this time that friends and relatives who care are so important.

You may need help in thinking clearly about what is best for you and your family. You may need to see a doctor, especially if you are not eating or not sleeping. The immune system of most people in grief loses some of its effectiveness. This may cause you to be more vulnerable to disease.

People in grief may also become accident prone. Many are involved in automobile accidents, falls or other mishaps. These can happen because you are preoccupied with your loss.

If you are vulnerable to cardiovascular disease or other serious illnesses, you must have regular checkups. Some research has suggested a correlation between repressed grief and the onset of cancer and other diseases.

If you use tobacco or drugs includ-

ing alcohol, you must monitor your use of them. Some people in grief increase their usage, which leads to more problems.

Alcohol is a depressant. It increases rather than decreases your grief. It also aggravates other physical conditions. Grieving, as painful as it is, is usually best leaned into and fully experienced. Alcohol and other drugs will not help. They actually prolong your grief.

You may need short-term medication prescribed by your doctor to help you eat or sleep while grieving. If so, do not consider it a weakness. You have suffered severe trauma and deserve professional help to begin feeling better. You will probably need the help of prescribed medication only for a short time. Even if you don't want to feel better yet, you owe it to yourself and your family to stay in good health.

Anger

You may be surprised at the intensity of anger you feel for the person who killed your loved one. Some survivors don't feel angry, but most do — even to the point of rage.

You may wish desperately that the person who killed your loved one would show some remorse and say "I'm sorry." That probably won't happen.

Many offenders do not feel remorse. Some are indeed sorry. Their attorneys,

however, warn them to make no contact with the victim family because such contact can be considered an admission of guilt.

You may have felt angry early in your grieving or later, after some of the numbness wore off. You may have felt angry before you were willing to admit it.

It is unfortunate that most of us were taught when we were children that some feelings are bad. Most of us heard:

- “You shouldn’t get angry.”
- “It’s wrong to feel jealous.”
- “It’s sinful to feel vengeance.”
- “Rage is a terrible thing.”

Feelings are not right or wrong. They simply are. Your behavior may be good or bad, right or wrong, appropriate or not appropriate. Your thinking may be clear or foggy, rational or irrational.

But your feelings are simply your feelings. It is not helpful for people to suggest that you should stop having a particular feeling. It is impossible. Sometimes, however, you have bad feelings based on incorrect information. Once you discover the truth, you don’t feel so bad.

It is very important that you not act destructively in response to your feelings of anger. You must force yourself to think rationally about what you will do with your anger.

You may find that you are angry, not just at the person who killed your loved one, but at God, the doctors, the investigating officers, the people you love very much — even your family. You may be angry at everyone who seems to be going on with life as if nothing happened. You may even be angry at your dead loved one for abandoning you, no matter how much you know it wasn't their fault. Obviously, such anger is misplaced and should not be acted on.

The injustice of your loved one's death, the deep hurt you feel, and the loss of future dreams may all add up to rage — a wordless drive to do something. Most of the things you think about doing must remain undone, like killing the offender.

It's okay to think about it, and it's very helpful to talk about it with someone who is willing to listen. If you can find someone who has felt the same way, who understands something of what you are going through, you are very fortunate.

Many friends will not be willing to hear you ventilate these intense feelings. That's sad. Their response can make you more angry. It would be nice if they could understand that in expressing your feelings, you are taking responsibility for them and are not likely to act on them.

Allowing yourself to express these feelings will free your mind, enabling you to be more open and realistic in your thinking and planning for the future.

Anger has physical manifestations. If you suppress the anger — try to stop yourself from feeling it — you may develop problems in your body. Symptoms can include headaches, stomach aches, colitis, backaches, high blood pressure and others.

On the other hand, positive physical activity often helps. Some people run, exercise vigorously, or clean house. Others write in journals, write letters to the offender (which are usually best unmailed). Some cry and yell and scream.

What you do with your anger really doesn't matter as long as you admit that it's there and don't hurt yourself or anyone else in expressing it.

You may find that your anger is serving one somewhat useful purpose. Lurking beneath the anger, you suspect deep sadness. Even though anger doesn't feel good, it can seem less painful than sadness. Anger can either be focused on someone else or it can be directed in a wide spectrum, not seeming to attach to anyone or anything. Sadness is yours. It is focused within. You will eventually need to give up some of the anger, rage and vengeance to experience the sadness underneath it.

When you decide to look beneath the anger, you may find gut-wrenching agony. By being willing to face it, you may find some relief from your anger. You may think that you owe it to your loved one to

remain angry. But what you do with your anger and when you decide to look beneath it are up to you.

Post-Traumatic Stress

Historically, it was believed that most of the painful stress people felt came from within. Depressed people were thought to have serious internal conflicts which needed to be worked out.

Now, we understand that external trauma is also a valid basis of continuing distress. While this understanding may or may not help you feel better, it is good news. It is good news because it means that you are not “crazy” just because you are experiencing very painful symptoms as a result of your loved one’s death.

As denial and shock wear off, you may experience some feelings which are foreign to you — and frightening. You may find that particular memories of the trauma keep intruding into your mind. They may be particular sights or sounds. You may have nightmares over and over again. If you are aware of what triggers these reactions, perhaps intrusive recollections of the scene of the death, a certain song, certain events — you may almost compulsively avoid the trigger, somewhat like a phobia.

You may feel that the external world doesn’t have much meaning anymore. You may feel like withdrawing because it seems that no one understands your pain.

You may have difficulty concentrating, becoming absent-minded and confused.

You may struggle with guilt. For nearly all survivors of a homicide, “If only I had.....” becomes a familiar theme.

Human beings tend to believe a lot of things that don’t make sense when examined closely. For instance:

- People who love each other should always be responsible for each other and be able to protect each other.
- If I had been a better person, this wouldn’t have happened to my loved one.
- If I begin to feel better, it will mean that I didn’t love him/her enough.
- It is not right that my loved one died and I continue to live.

You may find that when you cry, beneath the tears are the words, “I’m sorry, I’m sorry, I’m sorry.”

Perhaps you feel guilty because you still believe the old adage, “Good things happen to good people and bad things happen to bad people.” It may seem that if you can just find a way to prove that you were guilty (bad), at least you can hang on to an old belief which makes some sense of your loved one’s death.

Possibly the toughest job you will have in grieving is to look rationally at how

your beliefs make you feel guilty. You may, indeed, be responsible for some component of your loved one's death. If so, acknowledge it and see if you can find a way to forgive yourself. If you made a bad judgement, you probably made the best one you knew how to make at the time. Try not to exaggerate your role in your loved one's death.

In most cases, other factors were largely responsible for your loved one's death. The person who killed your loved one was negligent. Forces of nature also play a role. One law of nature is that when two powerful opposing forces collide, one or both are destroyed. It would be nice, maybe, if such laws did not always work. On the other hand, it would be frightening to live in a world where nature's laws sometimes worked and sometimes didn't.

Talking with others who understand something of what you're going through can help you look at your guilt realistically. It will be hard work for them and for you.

Feeling less guilty won't take away your sadness or your anger, but it can be a big load off your shoulders. It will be worth the effort to rid yourself of it.

Acknowledgement/Accommodation

In the beginning, some feel that they will never be happy again. They go through a period of time when they aren't yet ready to feel better. Others are eager to feel better and find ways to do it.

Whether you are ready to feel better or not, you might want to look to others who have survived the ordeal and have managed to regain strength and find happiness again. They can be encouraging models.

It is a fact that your life will not again be the same as it was before your loved one was killed. You must acknowledge that at some point. But it probably will be a lot better than it is now as you read this booklet.

Sorrow

You will always feel sorrow that your loved one died tragically and that the long relationship you might have enjoyed was cut short. But sorrow is not the same as the height and width and depth of trauma that most survivors experience for the first months or years.

Some have described the sorrow as a “misty fog on life” of which you are not always aware. You simply realize that your life is not quite as bright, not quite as light as it was before. Your values have changed. You may be impatient with trivia. You may feel misunderstood. But a sense of sorrow is not the same as being overwhelmed with grief.

Grief Spasms

It is likely that you will experience grief spasms from time to time for years. Survivors are often surprised to find that

in the midst of a series of good days, something brings on a “spasm” of grief. Survivors find anniversaries to be difficult — the birthday of the loved one, the anniversary of the death, the wedding anniversary, Mother’s Day, Father’s Day. Holidays in which family togetherness is a tradition are often very difficult for families in which someone is now missing. Certain songs can cause a grief spasm. Seeing someone who looks like your loved one can bring on a grief spasm.

Strange as it may seem, though, grief spasms can be understood as celebrations — celebrations of a relationship that meant so much to you that episodes of grief can still overcome you from time to time.

Nearly all survivors are able to say that they are grateful they shared life with their loved one as long as they did, rather than wishing he or she had never been born. To experience depths of sadness and heights of joy is to be fully alive, fully human. Most people are glad they are capable of having strong feelings. Having them means that shock symptoms and numbness are no longer necessary and the fullness of the experience of the trauma can be absorbed.

As time goes by, grief spasms will come less frequently and less intensely. Most survivors are able to acknowledge that their loved one would want it that way. Your loved one would want to be fondly remembered from time to time and even missed. But if you are caught up in a

chronic sense of desperation, the possibility of more set backs can evolve. That would benefit no one and would not be the wish of your loved one.

Focus on Life

Another component of getting better is an increasing focus on life and a decreasing focus on death. Early on, you may have felt that you barely existed. For others to tell you to cheer up and get on with your life seemed to be an unwillingness on their part to share your grief journey. They were uncomfortable around you, and their comfort may have been more important to them than yours. You may be disappointed in their lack of sensitivity and understanding. It can make you frustrated and angry.

However, you will have to decide for yourself when it is right to give more of your attention to living. You can use your grief to continue to drag you down, or you can use it to rebuild your life — probably with more compassion and understanding than you had before.

By having experienced trauma, you will be able to look at life and keep it in perspective better than other people. Some survivors seem to have, eventually, a peace and inner wisdom that others lack.

Call to Justice

In some cases, enduring trauma ignites a spark of activity to right some of

the wrongs involved in a sudden violent death. Most survivors want to prevent it for others.

Thousands of men, women and teenagers have joined Mothers Against Drunk Driving after their loved ones were killed. MADD helps injured victims and families of those killed to cope emotionally, it helps them through the criminal justice system, and it works to prevent drunk driving crashes.

MADD can provide you with the opportunity to do what you can so others don't experience the tragedy you have. Some people find it helps them enormously to work to end drunk driving. It can feel as though it is the one activity that might bring something constructive out of their loss. You will have to judge for yourself whether you would find joining MADD helpful.

Reminders

- Understand that the shock and injustice of losing someone you love to a sudden, violent and senseless death can result in grief with a wider range and depth of feelings and grief which lasts longer than for survivors of anticipated, non-violent death. Be patient with yourself. Many people struggle for months and years before they feel a resolution of their grieving.
- Maintain regular contact with your

physician for a year or two to be sure that you do not acquire a stress-related physical condition.

- Try to delay major decisions for at least a year or more. Moving, re-marrying, deciding to have a baby, changing jobs — no matter how positive they seem — create additional stress.
- Feel your feelings whether they be sadness, rage, vengeance or others. Count it as positive that you are fully alive and no longer numbed. Find a way to express your feelings, perhaps through writing, perhaps by sharing them with someone else who is willing to try to understand, perhaps through physical activity. Try, though, to think rationally and to act responsibly.
- Take a realistic look at any guilt you feel. If you are guilty in part for what happened, try to forgive yourself. Don't carry a load of guilt that isn't applicable to you.
- Try to be understanding of family members who may be grieving differently. It is rare for any two people in a family to handle trauma the same way. Remember that there are no rules for how one should grieve. Talk about what you are feeling and encourage others to do the same. Try to accept what you hear, even though

your experience may be different.

- Be patient with others who say inept things to you. Very rarely are such comments made to hurt you. While most people desperately want to help you, they may not know what to say or do. Try to be grateful for their attempt.
- Remember that no one can fill the shoes of the loved one who has been killed. It is unrealistic to think that another person or activities can fill the vacuum in your heart. Expecting another person to fulfill you is a terrible burden to place on anyone.
- Seek the support and understanding of others who have gone through the same kind of trauma. You and your family can benefit from the assistance of others. Call your MADD chapter or seek out counselors who understand the grief that follows this kind of loss and trauma. You do not have to handle your grief and mourning alone.
- Realize that getting better does not mean that you didn't love your loved one enough. Nor does it mean that you will forget him or her. When and how you begin recovery, and what your recovery is like, are up to you.

ADDITIONAL READING MATERIALS

- Donnelly, Katherine. *How to Recover From the Loss of a Sibling*, Dodd, Mead & Co.
- Donnelly, Katherine. *Recovering From the Loss of a Child*, Macmillan Publishing Co.
- Donnelly, Katherine. *Recovering From the Loss of a Parent*, Dodd, Mead & Co.
- Fedders, Charlotte. *Shattered Dreams*, Harper Publishers.
- Gaylin, Willard. *The Killing of Bonnie Garland*, Penguin Books.
- Gray, Martin. *For Those I Loved*, Little, Brown, and Company.
- Grollman, Earl A. *What Helped Me When My Loved One Died*, Beacon Press.
- Knapp, Ronald J. *Beyond Endurance: When a Child Dies*, Schocken Books.
- Kushner, H.S. *When Bad Things Happen to Good People*, Avon Books.
- Lewis, C.S. *A Grief Observed*, Seabury Press (Harper Religious Books).
- Lord, Janice Harris. *No Time For Goobies: Coping with Sorrow, Anger, and Injustice After a Tragic Death*, Pathfinder Publishing.
- Morse, Melvin and Perry, Paul. *Closer to the Light*, Villard Books, Random House.
- Osterweis, Marian et al, Eds. *Bereavement: Reactions, Consequences and Care*, National Academy Press.
- Rando, Therese. *Grieving: How to Go on Living When Someone You Love Dies*, Lexington Books.
- Schaefer, Dan and Lyons, Christine. *How Do We Tell the Children?*, Newmarket Press.
- Schiff, Harriet. *Living Through Mourning*, Viking Press.
- Schiff, Harriet S. *The Bereaved Parent*, Penguin Books.
- Weatherhead, Leslie. *The Will of God*, Abingdon Press.
- Westberg, Granger. *Good Grief*, Fortress Press.
- Wolterstorff, N. *Lament for Son*, Wm. B. Eerdmans Publishing Company.

Literature Available from MADD

Check those you wish to receive, first copy free.

- ____ *Victim Information Pamphlet**
A Guide Through the Criminal Justice System
____ *How You Can Help*
For Emergency Room Support
____ *Financial Recovery After A Drunk Driving Crash*
For Drunk Driving Crash Victims
____ *Someone You Know Drinks and Drives*
For Those Who Want to Prevent Drunk Driving
____ *Helping Children Cope With Death**
For Caregivers of Grieving Children
____ *Straight Talk About Death For Teenagers*
For Grieving Teenagers
____ *We Hurt Too*
For Adult Siblings of Someone Killed
____ *Your Grief: Your Not Going Crazy**
For The Grieving
____ *Don't Call Me Lucky*
For Those Injured by Drunk Drivers
____ *Closed Head Injury*
A Common Complication of Vehicular Crashes
____ *Men and Mourning*
A Man's Journey Through Grief
____ *Drunk Driving*
An Unacknowledged Form of Child Endangerment in America
____ *Will it Always Feel This Way?**
For The Parent Whose Child Has Been Killed by a Drunk Driver

*Also Available in Spanish

The following books are available from MADD for a charge:

- ____ *No Time For Goodbyes: Coping with Sorrow, Anger and Injustice After a Tragic Death* by Janice Harris Lord (\$8.50)
____ *Beyond Sympathy: What to Say and Do for Someone Suffering an Injury, Illness or Loss* by Janice Harris Lord (\$8.50)
____ *Straight Talk About Death for Teenagers* by Earl Grollman (\$5.00)
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