

Is There Hope After Suicide?

WORDS TO REPEAT WHEN THE LOSS FEELS TOO HARD TO HANDLE

“Earth has no sorrow that heaven cannot heal.” —*Thomas Moore*

“One day, the ache will soften, and you’ll smile again—not because the loss is forgotten, but because love has found a way to live on.” —*Darlene Brock*

“Grieving is a necessary passage and a difficult transition to finally letting go of sorrow—it is not a permanent rest stop.” —*Dodinsky*

“Life will be brighter than noonday, and darkness will become like morning. You will be secure, because there is hope.” —*Job 11:17-19*

“Give sorrow words; the grief that does not speak whispers the o’er-fraught heart and bids it break.” —*William Shakespeare*

“So, you have sorrow now, but I will see you again; then you will rejoice, and no one can rob you of that joy.” —*John 16:22*

“You will learn it is not yours to dwell on a single moment in time, but to shift your focus and celebrate every chapter, every heartbeat, and every memory of the one you loved.” —*Darlene Brock*

“Grief and joy can co-exist at the same time, sometimes in the same breath—in the same moment.” —*twloha.com*

