

There is no special timeframe but the intense pain will gradually subside. Grief usually comes in waves and gradually these waves of grief grow further and further apart as you rebuild your life and become more comfortable with the memory of your loved one.

“I often compare the act of suicide to that of a stone tossed into a pond. The splash may be large or small. It always sends ripples in every direction, in a concentric washing of every floating leaf, twig or water bug. The stone sinks out of sight but its impact is felt by the widening ripples which touch distant, unfamiliar territory.”¹

GRIEF CAN'T BE HURRIED BUT IT CAN BE SHARED.

¹ Bolton, I. M. (1987). Our son Mitch. In E.J. Dunne, J.L. McIntosh & K. Dunne-Maxim (Eds.), *Suicide and its aftermath: Understanding and counselling the survivors* (pp. 85–94). New York: Norton.