

GRIEVE IN ADVANCE

When you recognize that a Loved One is approaching Death,

perhaps it is better to say your mental “goodbyes” while they are alive,

and begin to adjust to getting along without them in your life, so
that when they get closer to dying,

that you will be less emotional,

and thus better able to be a comfort and aid to them at that time

and more able to make good decisions, if you need to.

This has other Benefits, too

in that after you do this, you view each day of their remaining life as a “Bonus.”

Robert Jorrie, 1992