

BEloved Pet Legends Part 2: The Journey: Changing The Story Of How We Recover From Losing The Legends We Have Loved

Changing the Story of How We Recover from Losing the Legends We Have Loved

Losing a loved one is never easy, but when that person is a legend who has touched the lives of millions, the grief can be even more profound. In recent years, we have lost several beloved celebrities, from David Bowie to Aretha Franklin to Kobe Bryant. These losses have left a void in our hearts and raised questions about how we can move on from such profound loss.

The traditional narrative of grief tells us that we should go through a series of stages, from denial to anger to acceptance. But what if there is another way to grieve? What if we could find a way to honor the memory of our loved ones while also moving forward with our own lives?

A New Story of Grief

In her book, "The Year of Magical Thinking," Joan Didion writes about her experience of losing her husband, John Gregory Dunne. She describes the grief process as a "series of waves," each one bringing with it a different emotion. Some waves are big and crashing, while others are small and gentle. But eventually, the waves subside, and we are left with the memory of our loved one and the knowledge that they will always be a part of us.

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Screen Reader	: Supported
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Didion's experience suggests that grief is not a linear process. It is not something that we can simply get over. But it is also not something that we should try to avoid. Grief is a natural part of the human experience, and it is important to allow ourselves to feel it fully.

Honoring the Memory of Our Loved Ones

One of the best ways to cope with the loss of a loved one is to honor their memory. This can be done in many different ways, such as:

- **Sharing stories about them.** Talk about your loved one with friends and family. Share your favorite memories and laugh at the funny things they did.
- **Creating a memorial.** Plant a tree in their memory, start a scholarship fund, or create a work of art that celebrates their life.
- **Continuing their work.** If your loved one was passionate about a particular cause, continue their work in their honor. This could involve volunteering your time, donating money, or simply raising awareness about the issue.

Moving Forward with Our Own Lives

While it is important to honor the memory of our loved ones, it is also important to move forward with our own lives. This does not mean forgetting about them. It simply means finding a way to live our lives in a way that would make them proud.

Here are a few tips for moving forward:

- **Allow yourself to grieve.** Don't try to suppress your emotions. Allow yourself to feel the pain of your loss.
- **Talk to someone.** If you are struggling to cope with your grief, talk to a therapist or counselor. They can provide support and guidance during this difficult time.
- **Find joy in life.** Even when you are grieving, it is important to find joy in life. Spend time with loved ones, do things that you enjoy, and make time for yourself.
- **Remember that your loved one would want you to be happy.** Your loved one would not want you to be sad or depressed. They would want you to live your life to the fullest.

Losing a loved one is never easy. But by changing the story of how we grieve, we can find a way to honor their memory while also moving forward with our own lives.

Grief is a natural part of the human experience. It is important to allow ourselves to feel it fully. But it is also important to find ways to cope with our grief and to move forward with our own lives.

By sharing stories about our loved ones, creating memorials, continuing their work, and finding joy in life, we can keep their memory alive while also honoring their wish for us to be happy.



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