

ONE BABY STEP AT A TIME

A widow's journey

Nancy's 52-year-old husband Todd died from a heart attack in 2014

BY NANCY FABIAN, adapted from the book, *Grief Diaries: Through the Eyes of a Widow*
ISBN: 978-1-944328-64-1

Self care articles for the bereaved

From the award-winning
Grief Diaries book series



An iCare Aftercare resource
International Grief Institute

INTERNATIONALGRIEFINSTITUTE.COM

Becoming a widow has made me stronger

Being a widow has been the most devastating thing I've endured, and yet it has taught me a lot of things about myself, and about life in general.

I've learned that life will go on whether I participate or not. I sat in my dark house crying, asking so many questions, wondering what to do and how to live.

I had to live life, that's what my husband would have wanted. In order to do this, I had to leave the comfort of my home and learn to be me.

But who was I? I had no idea.

I took baby steps. I had to learn it would be okay without Todd by my side to encourage me, although I could always hear him talking to me, telling me I could do it, one step at a time.

I started going shopping by myself, which was a huge step. People who knew Todd would see me and stop to talk. I found this very exhausting, and each time it took a lot of energy to not to leave.

I found a grief support group at a local hospice office. They welcomed me with open arms even though my husband was not in hospice. This weekly meeting was another accomplishment—getting out at least once a week. I met some very special people who invited me to do things. Each time I went, it got a little easier to go out.

I'm still apprehensive about going out alone but making progress.

**Every time I do, it is
another baby step.**

Each baby step has taught me to become the person I need to be. Although I would rather not be a widow, becoming a widow has made me become a stronger individual, and to realize what is really important in life.

