

# PEOPLE STARTED TO PULL AWAY

## A widow's journey

Chasity's 35-year-old husband Darrell died in a lake drowning in 2009

BY CHASITY WILLIAMS, adapted from the book, *Grief Diaries: Through the Eyes of a Widow*  
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### Self care articles for the bereaved

From the award-winning  
Grief Diaries book series



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### Grief started to make people uncomfortable

In the beginning, the support was amazing and everyone wanted to help, offer words of encouragement, give advice, drop by to check on me, just be there. But as the weeks and months passed, people started to pull away.

After a significant loss, you are a different person.

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**A part of you is forever  
changed, and the emotional  
needs you have are also  
different.**

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I think grief started to make people uncomfortable. My sadness and emotions weighed on them and they weren't sure what to do or say.

Many friends would allow their husbands to help with handyman items, the lawn, help the boys with stuff, etc., but that all came to halt when they started to see me as single. Issues then started to arise, so I backed off and then they eventually did.

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**It surprised me how  
friendships changed when  
I needed them most.**

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Whether you've been friends for six months or twenty years, you can't know how each friendship will hold up during trauma. You will grieve friendships, too.

Thank God for my widow tribe. They helped me through so much. As widowed people, we come together. And as widowed people, we stay together. We understand. We relate. We are not judged.

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**Finding your widow tribe  
will help tremendously.**

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Your healing is too valuable to put into the hands of people who don't get it. Surround yourself with supportive and nurturing individuals. This will aid in your healing.