



# Quotes on Grief



What we have once enjoyed we can never lose.  
All that we love deeply becomes a part of us.

HELEN KELLER

**How lucky I am to have something that makes saying goodbye so hard.**

**A.A. MILNE**

The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to.

ELISABETH KÜBLER-ROSS



The wound is the place where the  
light enters you.

RUMI

Between grief and nothing, I will take grief.

WILLIAM FAULKNER

*Grief is a process, not a state.*

Anne Grant