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When You're Blindsighted...

Instead of being consumed by grief today, I wanted to share some things I've learned in the recovery stage, after you are blindsided. No matter the stage of your infertility journey that you are in, I hope this helps a little.

- 1) **You will grieve, and it's ok.** Your grief will look different from your spouse's grief, or your parents' grief, or your sibling's grief. Try not to spend too much time focusing on this – we all process it differently.
- 2) **You will ask yourself WHY.** Why? It crossed my mind all the time. Why would this happen? We wanted this baby SO MUCH, why us? Why did this have to happen to him? And you will go crazy asking yourself this question. Most of the time, you will never find a reason for why.
- 3) **Accept the help.** Friends will start a meal train, or come by and clean your house, or stop by with a hand-painted cross from their child. Accept it. They are reaching out because they want to help.
- 4) **Many people will say the wrong thing.** Loss and grief are uncomfortable and most people don't know what to say. My sister-in-law once told me, try not to focus on what they're saying because what they mean is "*I love you*" (even if those are not the actual words they are using). They just want to make it better for you, because they love you.
- 5) **Professional therapy may help.** It may not, but consider trying it. I don't know if I would have made it through those dark days without someone who was professionally trained in trauma and grief helping me on my road to healing. Reach out for help.
- 6) **You are not alone.** There is someone else, somewhere in the world, going through this very same thing at this very same time. Find a support group, or a church, or even a Facebook group. Those groups answered so many of my questions and just *understood* me when I needed it most. Candace can put you in touch with a wealth of infertility or miscarriage resources, too.
- 7) **Pray.** If it's your thing. Turn to Jesus and ask for strength, for guidance, for grace. He is there with you in the valley, and he will walk you through it.
- 8) **Some days will be better than others.** You may find that some days you can't even get out of bed, while others you feel surprisingly ok. I can't tell you the number of times I forced myself to go to work, only to end up shutting my office door and bawl my eyes out. I kept tissues in my office because it was becoming the norm. And then one day, I noticed I didn't need the tissues anymore.

9) **Give yourself time.** Your timetable will be different than someone else's. Don't rush it. Find things that brought you joy before this awful rollercoaster started and many times, it helps with healing. Paint, write, read, jam out to music...don't bottle your feelings up. Find an outlet that works for you.

10) **It will get better.** I thought my life was over, sitting in that hospital, watching the beeping monitors of my son day after day. I thought the entire course of my life would change. And, for about a year, it did. But time does heal...and while you will never forget, life does go on.

And so will you.

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Full article can be found at the original link:

<https://ourmisconception.com/when-youre-blindsighted/>