

## **WHEN A HOUSE IS NOT A HOME**

By: Mary Cleckley  
Bereaved Mother  
Lawrenceville, GA

Have you had trouble feeling at home in your house since your child died? Many people can't face that place and those memories. As a result, they spend the years ahead running. They don't know what they are searching for, but for something that will blot out the memories they once valued.

Yet, those memories refuse to go down without a fight and they keep on popping up at the most inopportune moments. Maybe when you're driving, for instance, or trying to carry on a conversation with a new acquaintance with whom you really don't want to share your experience. Some people choose to move in an effort to leave old memories and pain behind. They haven't yet learned that what you have in your heart and your head are carried with you no matter where you go. It's like you're crawling and grief is riding a bicycle and it gets there ahead of you. Strange how grief seems to know your destination.

When grief is fresh, you're not going to be happy no matter where you go. Better than running or moving this is a good time to use your time wisely. Learn how to live with your loss, and that includes allowing your house to become your haven again, friendly, familiar and warm, full of memories that one day you will again find comforting. It happened to me and it can happen for you. Soon, I hope.