**Comments by Teenagers in Mourning**

“No one at school understands anything.”

“ I hate it when people, say, “I’m sorry.”

“Will I ever feel better?”

“I always feel like crying, but I hold it back, and then I just shut down.”

“I’m jealous of friends who have a relationship with their parent.”

“It’s so quiet in my house now. I hate it.”

“When Mom died, a part of me died too. I was being torn apart.”

“I don’t think I can ever walk into another hospital.”

“I just don’t belong anymore – anywhere – home or at school.”

“I feel as if dad is still here. I can’t believe he is really gone.”

“People call the house and ask me how mom is doing, not how I’m doing.”

“I hate the way my family has changed.”

“Christmas last year without Sam was really sad. I don’t know what to expect this Christmas.”

“The funeral seemed so stupid to me. All these people were saying things, but none of it

helped. No amount of words will ever bring him back. And no one can give me any good

reason as to why he had to die. It’s just all unfair.”

I feel very strange. Sometimes I feel like a totally different person since my Dad died and other

times, I feel like nothing has happened.”

Teen Talk – Grief Support Group Good Samaritan Hospice, Puyallup WA