What people need to know about me...
I am still having a very difficult time even if I tell you that I am okay.

When I am having my hardest days, I don’t want to be alone but I can’t reach out.

My attention span and my memory are not back to their regular function, so don’t be annoyed if I don’t remember some information that you have told me before. I am getting better but I still need time.

Phone calls are good.

I need to be invited to your house, not just a ‘drop-in anytime’ invitation but a planned one. The anticipation of having something to look forward to helps fill the days.

I need to talk about Gaëtan. Even if I shed a tear, it doesn’t matter. If we are friends, we should be able to share a tear as well as a laugh. I would love to reminisce about all the good times we had together.

I need to be invited for a meal once in a while. I find it very hard to cook for myself and even harder to eat alone. I can bring my own food. What I need most is the company.

I need to know what you expect of me to help in our grief.

What I don’t need...

Please don’t tell me what you think Gaëtan would want me to do or not want me to do.

I don’t need people to judge my decisions. It is hard to make decisions by myself for the first time in my life but I need to do this. I need people to respect my decisions without judging them.

What helps me feel better...

Doing crafts with my friends.

Spending time with family and friends.

Reading.

Playing games on the computer.

Monique’s One Page Profile
To help me through the loss of my love, Gaëtan.

What would help me feel better...

Being with and talking with Gaëtan’s friends and my friends.

Reminiscing about our memories of him.

Other things...

If you have questions about Gaëtan’s last days, don’t be afraid to ask them. Even if I cry, it’s okay.

Hugs are good.

If you need something from me, don’t be shy to ask. I know that you are grieving for him too.

I need to know that I am still important to you even if he is gone.

Everything is different now... I don’t know who I am by myself. I’m finding that out on a daily basis. Please be patient with me.