

Sometimes the sadness is so deep or lasts so long that a person may need some extra support. For someone who isn't starting to feel better after a few weeks or who continues to feel depressed, talking to a counselor or therapist can be very helpful.

Trusting Past a Broken Heart

When I married my husband, he slept with his arms crossed over his chest. It seemed to me he was protecting his heart; it had been wounded and broken so many times. During his waking hours, he let his guard down. But, when sleeping, he still needed to protect himself, lest some threatening force invade and attack, catching him unawares.



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Joe is an early riser. Typically he gets up before I do, quietly slips out of our bedroom, exercises, makes coffee, reads the paper, and then wakes me up. Rarely do I awaken before him. But recently I did. I marveled at how peaceful he looked. He was lying on his side, one hand underneath the pillow, the other just hanging down.

His chest was wide open, not needing his protection because he finally felt safe, open, and welcoming of me. In his sleep, he reached over and wrapped his arms around me. Like two spoons in a drawer, we lay there, side by side, a perfect fit. He let me in and I was part of him, safe, next to his heart.

He's opened his heart. He trusts I won't break it.



Share your feelings. Some people find that sharing their feelings with someone they trust — someone who recognizes what they're going through — helps them feel better. That could mean talking over all the things you feel, even having a good cry on the shoulder of a comforting friend or family member.

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