



*Acknowledgement to Pauktuutit Inuit Women's Association*

## **GRIEF**

People with HIV suffer many losses. If you have just found out that you have HIV, you are likely going to start to grieve. There are stages people go through when they are grieving. Most people first deny that this is happening, then they get angry at being sick and then they try to make a deal, usually with GOD, like “if you make me well I’ll be a better person.” This can lead to deep feelings of sadness, and then most people learn to accept what is happening to them. Grieving, like many emotions, is part of the healing process. Feelings of grief are normal and will likely come and go throughout your illness.

### *WHAT YOU CAN DO:*

- Accept that you are grieving for some things HIV has taken away from you.
- Let yourself feel all of your feelings. You can’t avoid them or ignore them.
- Talk to someone you trust if you think it will make you feel better.