



Just For Today

Just for today, I will try to live through the next 24 hours and not expect to get over my child's death, but instead learn to live with it, just one day at a time.

Just for today, I will remember my child's life, not his death and bask in the comfort of all those treasured days and moments we share.

Just for today, I will forgive all the family and friends who didn't help or comfort me the way I needed them to. They truly did not know how.

Just for today, I will smile no matter how much I hurt on the inside, for maybe if I smile a little my heart will soften and I will begin to heal.

Just for today, I will free myself from my self-inflicted burden of guilt, for deep in my heart I know if there was anything in this world I could have done to save my child from death, I would have done it.

Just for today, I will honor my child's memory by doing something with another child, be it my own, or someone else, because I know that would make my child proud.

Just for today, I will offer my hand in friendship to another bereaved parent, for I do know how they feel.

Just for today, I will allow myself to be happy and enjoy myself, for I know that I am not deserting him by living on.

Just for today, I will remember that even death cannot take away the special love we shared. And just for today, I will accept I did not die when my child did; my life did go on and I am the only one who can make life worthwhile once more.