

How long does grief last?

Language: Chinese

*Cruse*  
Bereavement  
Support

## 悲伤会持续多久？

人们常常问我，悲伤究竟会持续多久？但事实是，悲伤没有固定的阶段，也没有限制。

### 早期阶段

在失去亲人后的早期阶段，您可能会感到麻木，或什么感受都没有。您可能会像什么都没发生一样继续下去，或者您自己只专注于管理事务，比如取消葬礼或葬礼。

如果您没有经常看到已故的人，您可能会觉得他还在活着。当您意识到这不是真的时，您会觉得特别痛苦。

后来，在最初的震惊之后，您可能会意识到自己已经死了。您可能会被您的深刻情感所震惊。有些人从一开始就感受到一系列强烈的情感，而另一些人来说，这些情感可能需要一段时间才能展现。

### 第一年之后

人们通常会感到，一个人死后的第二年和第一年一样令人煎熬，甚至更加煎熬。您周围的人可能已经恢复正常了，您可能会觉得自己感受的空洞越来越少了。

像周年纪念日、生日和宗教节日的日子也会令人非常痛苦。您可能会感到，即使一年过去了，您感受到的情感和亲人去世一样强烈。

重要的是要记住，随着时间的推移，您的感受会更好，您也更有能力去克服。这并不意味着您已完全摆脱了它，而是有可能开始重新找到生活的乐趣，同时仍然记得和想念您失去的人。

## 几年之后

随着时间的推移，大多数人能够适应他的悲伤，并回到某种正常的生活。虽然有些事物仍然会引发您的悲伤（如阴影、歌曲或气味），但您可能在这些感受中找到平衡，并在生活中的其他事情中找到空间。

Lois Tonkin 的“在悲伤中找到平衡”比这有助于我们思考悲伤会持续多久。悲伤永远不会完全消失，有这种感觉会像某人去世一样强烈。但随着时间的推移，痛苦的感受会减少，您的生活开始被其他事情填满。

## 联系 Cruse 的帮助

如需更多帮助，但又不会英语，我可以通一个名为 LanguageLine（语言线）的服务，为您提供帮助。

### 帮助流程

1. 拨打 0808 808 1677。
2. 您将会听到一段用英语录制的信息。请耐心等待接听。有很多人都希望得到我的服务，如果无人应答，请稍后再拨打。
3. 当志愿者接听您的来电时，请用英语清楚地告诉他您的语言。
4. 随后我的志愿者会打电话给我的翻译服务，您将会听到他在和其他人沟通，您不要挂机。您可能需要等待几分钟。
5. 接着口线会加入通话，帮助您和帮助您的志愿者沟通。
6. 因这是一个三方通话，它会比通常的帮助服务需要更长的时间，所以请您耐心等待。

我的求助服务如下：

[cruse.org.uk](http://cruse.org.uk)

帮助热线：0808 808 1677

注册慈善机构号 208078

- 星期一：上午 9:30-下午 5:00
- 星期二：上午 9:30-晚上 8:00
- 星期三：上午 9:30-晚上 8:00
- 星期四：上午 9:30-晚上 8:00
- 星期五：上午 9:30-下午 5:00
- 周末：上午 10:00-下午 2:00

## English version

### How long does grief last?

People often ask us how long grief lasts. But the truth is there are no set stages or time limits to grief.

#### The early stages

In the early stages after a bereavement, you might feel numb or nothing at all. You might carry on as if nothing happened or find yourself focusing on administrative tasks such as cancelling bills or organising the funeral.

If you didn't see the person who died very often, you might catch yourself thinking they're still alive. This can become particularly painful when you realise it isn't true.

Later on, after the initial shock, you might find that reality sets in. This is when you might feel taken aback by the depth of emotions you're feeling. Some people feel a strong range of emotions from the start, while for others these feelings may take a while to develop.

#### After the first year

It's common to find the second year after someone dies to be just as difficult or even harder than the first. People around you may have gone back to normal and you might feel there's less space for you to talk about your feelings.

Dates like anniversaries, birthdays, and religious festivals can also be very painful. You might find that even though a year has passed, you feel the emotions as strongly as when the person first died.

It's important to remember that, in time, you will feel better and more able to cope. This doesn't mean that you are ever completely over it, rather that it is possible to start to find pleasure in life again, while still remembering and missing someone you have lost.

#### After several years

As time passes, most people find they are able to adapt to their grief and return to some kind of normal life. While some experiences will still trigger your grief (such as films, songs or smells), you are likely to grow around these feelings and find space for other things in your life.

Lois Tonkin's 'Growing around Grief' metaphor is a helpful way of thinking about how long grief lasts. The grief doesn't ever completely go away, and sometimes the feelings can be as

[cruse.org.uk](http://cruse.org.uk)

帮助☎️ : 0808 808 1677

注册慈善机构☎️号 208078

intense as when someone first died. But in time the painful feelings come less often and your life starts to be filled with other things.

## Contacting the Cruse Helpline

If you need more help, and don't speak English, we can arrange for support on our helpline through a service called LanguageLine.

### How it works

1. Call 0808 808 1677.
2. You will hear a recorded message in English. Please hold to speak to someone. There is a lot of demand for our service so you might have to try again at a less busy time if no one is able to answer.
3. When a helpline volunteer answers clearly tell them the name of the language you speak in English.
4. The volunteer will then call up our translation service – you will hear them talking to someone else to set the call up, please stay on the line. This could take a few minutes.
5. An interpreter will then join the call and translate between your language and English for you and for the helpline volunteer.
6. Because this is a three-way conversation it will take a little longer than a usual helpline call so please be patient.

Our helpline hours are:

- Monday: 9.30am-5pm
- Tuesday: 9.30am-8pm
- Wednesday: 9.30am-8pm
- Thursday: 9.30am-8pm
- Friday: 9.30am-5pm
- Saturday and Sunday: 10am -2pm

[cruse.org.uk](http://cruse.org.uk)

帮助☎☎ : 0808 808 1677

注册慈善机构☎号 208078