



## LOSING A CHILD

Losing a child, regardless of age, does not change your life, it demolishes it. There will always be this hollow place deep inside that literally throbs for the one who is gone. Nothing can fill it. Minute after minute, hour after hour, day after day, month after month, year after year the empty space remains. For the first time in your life "heartache" is not a figure of speech; your heart literally struggles to come out of your chest. The rest of your life is spent on a different plane. It's like losing your breath and never catching it again. It's a forever panic attack as your soul is screaming for your child who will never answer. It's feeling yourself dying as you continue to lose your mind. It is having entire chapters of your life torn out and shredded. There are no words in any language that can express the depth and intensity of this loss. There is no "moving on," or "getting over it." Ever! There is no bow, no fix, and no solution. For as long as we breathe, we will grieve and ache and love our daughter with all our hearts and souls. She is our precious irreplaceable child!