

In the Rabbit Hole

In the midst of grief, it's easy to circle the 'Rabbit Hole' numerous times a day. There are also times when you willingly jump in head first — which is perfectly okay — there's no danger of staying forever.

There are many levels in the Rabbit Hole, each furthering in intensity. When you do find yourself entering the necessary darkness, don't be without some 'lifelines' — people, mood shifters or tools — to assure that you won't spiral out of sight. Try to identify some of the 'triggers' that seem to bring you spiraling toward the Rabbit Hole, and then identifying some tools that may help you when the Rabbit Hole calls.

