

The Nights Are the Longest

Look at what the nights have become since the loss, and what makes them easier.

WHEN TO USE THIS

Use this in the daytime, after a run of bad nights.

What happens once the house goes quiet? What comes then?

What do your nights look like now?

- ☐ Falling asleep takes hours
- ☐ Waking at the same time every night
- ☐ Their side of the bed
- ☐ Going to bed later and later
- ☐ Dreams about them
- ☐ Waking up and remembering again
- ☐ Sleeping far more than usual
- ☐ The television on all night

What has made a night a little easier?

A lamp left on. The radio. A blanket of theirs. Getting up for a while.

1.

2.

3.

4.

If a night comes when you are not safe, call or text 988, the Suicide and Crisis Lifeline. They are there all night. Reach out now.

Nights are harder because there is nothing else in the way. Morning does come.