

The following poem was written by a young girl to help her cope with her grief. The poem was based on a variation of the model for the class of stages of grief.

The variations is called SARAH

S - Sadness

A - Anger

R - Realisation

A -Acceptance

H - Happiness – Hope

Each person may experience the steps in a different way, take a different amount of time to pass through them, they may even loop back and repeat some or many of the stages.

SARAH

By Heather Carter – In memory of my Auntie Laura

Sadness, anger – It's all here with me
but right now I'm not sure what it's supposed to be
my heads in turmoil – I don't know what to do
I feel like my heart's been broken in two

When I heard – I started to cry
because I never got to say goodbye
why did you leave – you left me alone
no one to talk to – no one to phone

Now I realise, here's not the best place for you
I want you to feel you're in a safe place too
so goodbye for now – I wish all the love I can send
and now my heart can start to mend

I know you were sick for so long
I thought you'd get better – I was wrong
I know there was nothing I could do
only the good die young – that's why God wanted you

The fun times we did together
will stay in my mind and my heart forever
it makes me smile when I think of your face
to you know you're in a happy and better place