

## **“What I have learned during the first two years of grief”**

The first year I learned how to scream and cry on the outside.

The second year I learned to scream and cry on the inside.

The meaning I guess is clear and I wonder how many agree with me. During the first year of grief, all I could do was cry and scream. I could not accept this had happened to my son and our family. During the first year, people were concerned and talked about Phillip and what had happened and when would we get justice? But after the first year, it seemed all the concerned people were gone. No one asked anymore about my son nor did they want me to talk about him. It made them uneasy. This is when I learned to cry and scream inside. The only true people who understand are the people that are traveling the same road of grief and to my sadness this road seems to be getting more crowded. I do not know what this 3rd year of grief will bring for us, hopefully we will see some justice for Phillip's murder I believe this will have to happen before we can start healing. I continue to keep my son's name alive in every way I can. I find if I can work on projects that are in memory of Phillip or any project concerning Phillip it helps me keep making it one more day.

Peace for another Day.

Debbie