

Fear and/or grief concerning the death of others

Post by "Robert" of July 29, 2025 at 12:36 PM

[Quote from Don](#)

[Quote from Sam Qwerty](#)

Sometimes there is guilt at feeling pleasure or happiness after a loved one passed away. I told myself, "how can I feel happy after losing my father?" But he wouldn't have wanted me to stop living just because he is no longer alive.

Agreed. I've actually found over the last few funerals I've been to, that sharing stories about the one who died, especially when coupled with photos or a slide show of photos, is helpful and bittersweet, and pleasurable. Giving people a conversation starter with the photos is good. The first time I remember this is putting together the photos for my grandmother's funeral. Family joined in. But after the funeral, it can be hard. Epicurus' philosophy drives home though the preciousness of life, both remembering the life of the one who died and the life we go on living. We should not feel guilty for going on living. The dead live through our memories of them. That's the only afterlife we get. Famous people may leave books and writing and now video and audio, but they're still only memories.

It also, I think, drives home the importance of cultivating good relationships with people while they are alive. The more joyful the relationship, the more consoling are the memories. And when you lose someone with whom you're estranged to some degree, the sting is that much more painful.