The Fact of the Matter

The fact of the matter is, I'm not sure what to say.



"The Fact of the Matter" - Free Short Story

by Madeleine L'Engle





I'm not sure how to start, or where to begin.

All I know is that I'm hurting. I'm hurting so much that I can barely breathe.

I'm hurting because my husband is dead.

He died two weeks ago, in a car accident. It was a freak accident, the kind of thing that happens once in a million times.

But it happened to us.

And now he's gone.

I can't believe he's gone. I can't believe that I'll never see him again.

I can't believe that I'll never hear his voice, or feel his touch, or see his smile.

I can't believe that he's gone.

I'm so angry. I'm so angry that he's dead. I'm so angry that he was taken from me.

I'm so angry that I can't bring him back.

I'm so angry.

But I'm also so sad. I'm so sad that he's gone. I'm so sad that I'll never see him again.

I'm so sad that he's dead.

I'm so lost. I don't know what to do. I don't know how to go on without him.

I just want him back.

But I can't have him back.

And that's the fact of the matter.

He's gone. And he's never coming back.

I have to learn to live with that. I have to learn to live without him.

I don't know how I'm going to do it, but I have to.

Because that's the fact of the matter.

Grief support resources

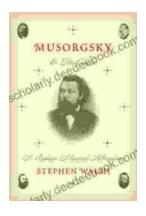


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