Quotes from Teens about Death and Grief

"I had so many unanswered questions running through my mind. Why did he have to die? What was going to happen to me? Would my pain ever go away? I felt angry and alone. None of my friends understood what I was going through. A lot of them stopped talking to me, probably because they didn't know what to say and didn't want to upset me. What they didn't understand was that not being there for me hurt me more than anything they could have said."

—Crystal, 23

"After my brother died, life was so hard to live. There were days that I sat there and I didn't think I could live anymore without my brother. Whenever a birthday, holiday or special occasion would come along, I would always end up shedding at least a few tears. Nothing was the same without my brother."

—Jenniffer, 16

"When my mom asked how I was doing, I would quickly reply that I was fine, not wanting to confide in her what was really happening to me. I had no support from any of my friends, so I felt the need to isolate myself. I was battling grief all by myself, because I knew my parents and siblings were busy dealing with their own grief. Emotionally, my family and I were on different planets."

—Hannah, 15

"It was just one year ago in August that my Mother was killed in a car accident. I remember the sense of hopelessness that immediately filled the next days, weeks and months of my life. I was sure no one understood my feelings. I didn't really know other teens going through the same experience. I was lost, just going through my daily routine, not sure how my life could ever improve."

—Darren, 17

"I had just lost my aunt to cancer. She was only 38 years old and she had a huge impact on my life. I thought, 'Nobody knows how I feel; nobody knows what's going on in my life.' I was devastated when she died and I felt that I no longer had anyone or control of anything. My grades were slipping and I started making poor choices."

—Sidney, 15

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