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Subject: when we loose our beloved

Posted by [ThomasEastman](#) on Wed, 28 Aug 2019 04:27:54 GMT

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I'm so sorry about the loss of the love of your life! I'm so glad that you are self-aware and know that you are struggling with the idea of getting out and meeting people. I think that Amy's advice is excellent with regard to attending meetings and a grief support group. I would go farther and suggest some one-on-one counseling to discuss your perceived "neediness". I get the sense that you might feel that you are needier than others might perceive you to be. A therapist who gets to know you but isn't a personal friend can give you perspective on it.

You can also go over some personal interactions that you have had with people with whom you have varying levels of familiarity. For example do you tend to over share when you meet someone for the first time? Do you pick up on social cues such as sensing that you are talking too much (e.g., people stepping back, looking over your shoulder, etc). Lastly, imagine you met someone like yourself for the first time. How would you react to the person if he acted the way you act? (however that is). Would you be put off? Good luck to you!!

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Subject: Re: when we loose our beloved

Posted by [LouiseLV](#) on Sun, 01 Sep 2019 11:28:53 GMT

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I once loose the love of my life. It seems like days become years and nights are more colder. I wish i could turn back time and spent more time with her. I was too busy building our dreams that I forgot what life really means. Today, I always choose to chase for what makes me happy. I have never loved someone else yet since I'm not ready but I have been spending time for cuddles in lonely nights with some girls i met. But she will never be replaced in my heart.

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