

4 Steps to Take After Learning a Loved One Is Terminally Ill

Guest Article by *Craig Meadows*

Nothing can fully prepare you for the news that a loved one is terminally ill. Feelings of shock, anger, and grief can be overwhelming. While these emotions are natural, certain steps need to be taken to get ready for the future. If you are in this situation, execute these four steps to prepare you and your loved one for the road ahead.

1. Find a Therapist

Between all the emotions you are experiencing and the upcoming changes, having someone to help you work through everything can be extremely beneficial. Find a therapist to meet with on a regular basis; he or she can provide perspectives and help you overcome these struggles.

An excellent alternative to a traditional therapist is meeting with a qualified hypnotherapist. Hypnotherapy also helps you process emotions, manage stress, and work through life events. Hypnosis helps you enter a different state of mind to strategically deal with the changes going on in your life. Find one in your area if possible, or work with one who meets online [virtually](#) (such as with Zoom) to help you tackle the challenges ahead.

2. Take Time for Hobbies

With so many difficult situations on the horizon, it is extra important you [take time](#) for yourself. Though your focus is primarily on your sick loved one, you need to [relax](#) and reenergize; you are not helpful to anyone if you are burned out.

Go out to dinner with a group of friends. Read a good book. Go for a run or spend time working on an art project. Whatever it is that brings you joy, carve out time for it.

Do not be afraid to try [new hobbies](#) as well. You may find a passion for something you never knew existed.

3. Prepare to Sell Your House

After a loved one passes, you may need to sell your house. Perhaps you can no longer afford the mortgage. Maybe you want to move closer to your family. Maybe you need to downsize as you cannot maintain the house on your own.

Whatever the case may be, selling a house can take time, so it is best to start the process early. Find a [trusted realtor](#) to work with. He or she can provide recommendations of projects that need to be completed before the house is listed on the market.

Also, evaluate the prices of homes in your area to gauge how to price your house. To illustrate, houses in Milton [have gone up 42%](#) in the past year so you should price your home accordingly. The last thing you want during this significant transition is to realize you could have made a bigger profit.

4. Save for Bills

Depending on your loved one's situation, you may have expensive medical bills to pay in the near future. At the very least, you will need to pay for a funeral, which can also be costly. One report states that the typical price for a [funeral](#) and cremation is \$6,260, while the typical price for a funeral and burial is even higher at \$7,360.

Evaluate your budget to determine where you can [cut costs](#) to save for medical and funeral bills. Cut back on entertainment and meals at restaurants. Call your cell phone, internet, and insurance providers to see if there are cheaper packages available that still meet your needs.

Dealing with a terminally ill friend or family member is always challenging. However, following these steps can give you a head start on dealing with your emotions and the upcoming changes. Carry out these four steps to prepare

for the future while supporting a sick loved one. Above all, give yourself the grace to deal with your grief. [Start your healing](#) with Roy's resources for self-hypnosis.



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Craig Meadows is the Creator of <https://survivingdayone.com/>
His website contains additional useful information regarding this topic.

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