

# **Student Essay on The Last Goodbye to a Parent**

## **The Last Goodbye to a Parent**

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# Essay

## The Last Goodbye

This article was really sad, and gave an awful- but unfortunately true preview of what people have to face and deal with once their parents die. In the beginning it discussed the sandwich generation phenomenon briefly and then went into detail about how different people choose to deal with the death of one or both parents during middle age. Mentioning that one quarter of the baby boomers have lost their mothers and already half of them their father. Even now that I am forced and supposed to think about this subject, since this paper after all is on losing your parents, I cannot possibly imagine this happening to me. I mean my parents are my life and they have done and sacrificed so much for me and my brother's well-being, I feel like I owe them everything in the world. I actually think that this is without a doubt, by far my worst fear in the world. I remember when I was younger I would just tell myself, if my parents ever die, I will just kill myself too and then we will be together again. I know this is very childish and selfish to say, but it is even more childish and sadder to say that I'm twenty years old and I still feel that way, and writing this is making me cry really bad.

Back to the article, in my opinion it only reinstated that the death of a parent is just an incredibly sad thing to deal with, and no matter how much time one has to prepare for their death, and no matter how old they get- whether your mother dies at age 39 or 93-

it doesn't matter, you just lost your mom. The most interesting thing I read, that made the most sense to me and even some hope was that researchers have found that one stunningly simple conversation has helped people tremendously. "To complete relationships people have to say these five things: 'Forgive me. I forgive you. Thank you. I love you. And goodbye.'" Even if all these steps are completed, I cannot imagine my parents passing away without a major part of me leaving with them.