



r/GriefSupport • 5 yr. ago  
pdribs21



## Does anyone look at old text messages or listen to voicemails from the person they lost?

It's been 9 months since my Dad committed suicide. Outside of the weeks I'm depressed, I find myself going through all of our texts and listening to his voicemails.

His last voicemail was after his car accident and he said the hardest part was mentally. He found it harder being alone with his thoughts than not being able to walk.

The one before that was before he went into surgery and he told me he was proud of me at the end and was excited to see me.

I like listening to both of them. It reminds me of both parts of my Dad. Reminds me that he was dealing with a lot and wanted to be good.

Do other people do this? Is it healthy? If you used to, how long did you keep them or do you still have them? My Dad was known for his deep, loud voice and yelling from a bit. I'm afraid to forget it.



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[deleted] • 5y ago • Edited 5y ago

Mom passed away almost 10 years ago now, no one really uses the house phone at my dads, people barely ever call it. My mom knew the password to the voicemail on the house phone but none of us knew it. Almost 10 years later and the voicemail message is still my moms voice. It's just her saying a bunch of numbers but I still call it from time to time just to hear her..

Edited: Spelling

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Ashluvsburritos • 5y ago

It's such a fucking great reminder of how much our parents loves us.

13

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**orphanmother** • 5y ago

I have a tattoo of sound waves from the last voicemail my grandmother left me the day I had my son. I still listen to that voicemail every once in a while.

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**susumagoo5** • 5y ago

Oh boy, I totally understand that. My sister died almost 4 months ago. I still listen to her voicemails and have one that I never opened. - I had called her back before I realized she left a message, so when I realized it was there, there was no need to listen to it as I had just talked to her. - Then as she got sicker I just wanted to have a voicemail from her with that little blue 'unopened' voicemail dot. And now it's still there. I expect I'll listen to it at some point, but it will definitely be a special occasion when I do. Her daughter, my niece, reads old journals of her and pours over pictures. It is so hard to let go. Best of luck on your grief journey. ❤️

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**NAJ87** • 5y ago

My younger brother passed away almost a year ago and I find myself occasionally going through and reading our text messages. It's a rabbit hole I regret going down sometimes. I get sucked in and can spend a couple hours almost in a disassociated state. I come out in a fog and feeling hungover.

I'm sorry for your loss. I lost my brother to suicide as well and it makes it tough to go through those messages and wonder what they were thinking during those times. My brother never left a note. I know he was struggling with anxiety and depression, but I guess I never truly knew how bad it was.

Again, I'm sorry for your loss. It doesn't seem to get easier. It just becomes bearable. It's a new normal.

Thinking of you, Reddit Friend.

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**AvatarKittie** • 5y ago

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[+ 1 more reply](#)**1ScarredSoul** • 5y ago

I look at pictures frequently, having many displayed in my home. Videos are much harder for me, so they're something that is a once a year, maybe twice kinda deal for me. I think hearing my wife's voice is the most heart wrenching thing I experience. I've dreamed about her well over ten times. They all hurt to some degree but in the hardest one of them I never ever saw her. The dream consisted of us getting off the phone in our normal fashion of saying our I love yous. Yup, that one shook me to the core

5

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[+ 1 more reply](#)**[deleted]** • 5y ago

I still do also, from years past. I don't think there is anything wrong with it, so long as you aren't beating yourself up in the process. I have seen people getting a copy of some voicemails and putting them into other items so they can relisten to them, like teddy bears and such. So sorry for your loss. Find a healthy way to deal with the grief. Take care.

3

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[+ 1 more reply](#)**LegallyBlonde001** • 5y ago

I'll never get rid of the phone I have because it has all of our text messages.

3

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**LJ1205E** • 5y ago

My godmother passed away almost two years ago - we texted all the time because she became hard of hearing and phone calls were difficult.

She'd been in the hospital for three months before she passed and I saved all those texts. The first year I couldn't bear to look at them. On the anniversary of the first year she died I read them all.

The other day I needed her and the texts were all gone. Not sure how and I miss her.

2

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**maniiemistyeyes** • 5y ago

Yes

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**Yrrebbor** • 5y ago

I did the first few months, but stopped because it just broke my heart all over again. I can't even look at a picture of my wife without tearing up. :(

2

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**beer\_jew** • 5y ago

I defanitely do voicemail

2

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**Totesmcgotes702** • 5y ago

My dad passed last week, but before that he was in the hospital for a few weeks. He left me a voice mail basically telling me how much he loved me. I can't stop listening to it, not just for the message but just to hear his voice.

2

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**kslingerland** • 5y ago

I have religiously saved all of my family's voicemails for the past few years. My mom died unexpectedly in July and I've listened to all of her messages several times since then.

It's too painful for me most of the time but I am very thankful to have them. Most are just some version of "Hi name, it's mom, call me back" but I treasure them a lot. I've made my family photo my phone and laptop screensavers. It's comforting for me to look at her every day.

It's definitely not weird at all. I think it's a nice way to feel a part of them is still with you.

2

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