

Grief Isn't Linear

There are no neat stages and no schedule. Grief moves in waves — forward, backward, and sideways. However yours moves, it's okay.

PERMISSION SLIPS

- ✓ You're allowed to laugh, and to feel guilty for laughing — and you're allowed to let the guilt go.
- ✓ You're allowed to not be “over it,” on anyone's timeline but your own.
- ✓ You're allowed to have good days. They don't betray who you lost.
- ✓ You're allowed to fall apart, and to ask for help holding the pieces.
- ✓ You're allowed to carry them with you instead of “moving on.”

WHEN A WAVE HITS

What tends to bring a wave (a song, a place, a date...)

What helps me ride it out

“Grief is love with nowhere to go. The waves don't mean you're failing — they mean you loved.”

If the waves feel constant, or you're struggling to get through the day, please reach out — to me, or to the crisis line below. You shouldn't have to carry this alone.