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Grief: A Lifelong Journey

By Emma Pearson

Grief is a profound, transformative experience that shatters identity and disorients the soul. When we lose someone close, it feels as though life has fractured into a million irreparable pieces. This pain is deeply personal, rooted in the unique nature of each relationship. Comparing losses serves no purpose; every grief is valid and incomparable.

While grief isolates us, it also connects us in shared humanity. Though deeply personal, grief is universal—something everyone will encounter if they live long enough. Despite its communal nature, grief defies solutions or timetables. Time alone doesn't heal, but compassionate support, new experiences, and relationships can help expand life around the persistent void.

Supporting someone grieving requires careful listening and compassion. Platitudes such as "They're always with you" or "It'll get better with time" often fall flat. Instead, simple and honest expressions—"I'm here for you" or "I'm so sorry for your pain"—can offer immense comfort. Mentioning the loved one's name or asking about where they are in their life can validate the griever's feelings.

Grief is more than an emotional experience; it is physical, biological, mental, social, and spiritual. It rewires the brain, hampers focus, and manifests in fatigue, restlessness, or pain. Society's fast-paced demands clash with grief's nonlinear, messy nature.

Ultimately, grief teaches us to love more fiercely and live with greater intention. While it doesn't fade, it transforms, inviting us to grow around the loss and honour the bonds that shaped us. By exploring and befriending grief, we can walk this lifelong journey with resilience, nourishing ourselves and embracing its lessons of love and connection.

Grief is not a sign of weakness but a testament to the depth of our humanity. It cannot be fixed—only carried.

This is a shorter version of this article written by Emma Pearson.

See also:

https://goodmourning.ch/

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