

Time doesn't heal all wounds.

Time + tending can.

If grief feels hard, it's not you. It's the culture you were trained in, and that culture is hurting you.

HOW GRIEF IS TREATED IN WESTERN CULTURES

- Grief is private, fast, and supposed to be handled alone.
- Productivity timelines decide when you should “be over it.”
- Tears and discomfort are treated like problems to fix.
- Clichés like “everything happens for a reason” shut grief down.
- Avoiding grief is praised as being strong.
- Grief is medicalized and made individual rather than communal.
- There are no shared rituals, no containers, no witness.
- You are expected to be inspirational, resilient, or “fine.”

WHAT HEALTHY GRIEVING LOOKS LIKE

- *Grief is allowed to be slow, nonlinear, and witnessed.*
- *Your feelings are information, not failure, not weakness.*
- *Support and witness are part of how healing happens.*
- *Rituals create containers for what's too big to hold alone.*
- *Gentle contact beats forced catharsis. Capacity first.*
- *Grief belongs to community as much as to the individual.*
- *Meaning-making takes time. You don't “get over” love.*
- *Your pace is valid. Functioning and healing are not the same.*

REPLY WITH YOUR GRIEF TERRAIN

Whatever your loss, be it death, divorce/breakup, health change, job/career loss, estrangement, moving/leaving community, faith shift, ambiguous loss, or cumulative grief/burnout, being witnessed is part of how grief heals.

If it feels good to you, please reply and share the texture of what you're carrying. You don't need the right words. Whatever is true is enough. I read every reply and I will respond.