

*Different
Journeys.
Same Love.*

There Are No Stages of Grief

*Your
grief is
unique.*

Grief is a unique and personal journey.

It does not follow a set path, a specific order, or a timeline.

It is not a series of stages to complete.

It is a lifelong journey of love, loss, and adjustment.



GRIEF IS NOT A LINEAR PROCESS

- Grief does not move in a straight line.
- There is no set order.
- There is no timeline.
- There is no "right" or "wrong" way to grieve.
- You may experience many emotions at the same time.
- Your grief may change from day to day, hour to hour, or even moment to moment.



GRIEF LOOKS DIFFERENT FOR EVERYONE

- Your relationship with the person matters.
- Your life experiences matter.
- Your personality, faith, culture, and support system all influence your grief.
- No two people grieve the same way.
- What you feel is valid.



GRIEF OFTEN COMES IN WAVES

- Some days feel heavier than others.
- You may have moments of intense pain, followed by moments of peace.
- Grief can resurface at unexpected times — anniversaries, holidays, new milestones, or even an ordinary day.
- This is a normal part of the journey.

*Give yourself permission
to grieve in your own way,
in your own time.*



*Many
Paths.
All Valid.*



ALL EMOTIONS ARE NORMAL

- There is no right or wrong emotion in grief.
- You may feel sadness, anger, guilt, relief, fear, confusion, numbness, peace — or all of these at once.
- Your emotions may come and go, or stay for long periods of time.
- Even feeling "okay" at times is normal.
- There is no checklist of emotions you must experience.



GRIEF CHANGES OVER TIME

- The intensity may lessen, but grief does not end.
- Your grief will evolve as you do.
- You learn to carry your loss differently.
- You begin to find ways to live a meaningful life while holding your loved one in your heart.
- Healing does not mean forgetting. It means finding a new way to move forward with love.



YOU ARE NOT ALONE

- Grief can feel isolating, but you are not alone.
- So many others have walked this path too.
- Support, understanding, and connection can make a difference.
- There is help, and there is hope.
- Your grief matters.



KEY UNDERSTANDING

Grief is not a set of stages to go through. It is a deeply personal and unpredictable journey. There is no finish line, and no "normal" timeline. You do not get over grief — you learn to live with it, and the love remains.

There are no stages of grief — only a lifelong journey of love.



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