

LOSS OF A PARENT SERIES

WHEN YOU LOSE BOTH PARENTS

Grieving the Loss of Your Roots, History, and Family Home

Love | Family | Identity | Belonging

You can carry the love
and legacy of both
parents with you.



Losing both parents can bring a unique sense of being untethered. You may be grieving not only two people you loved, but also the family home, the people who held your earliest stories, and the feeling of having someone from your beginning still here. This loss can stir many emotions at once. You are allowed to take your time finding your footing in a changed family landscape.

You are allowed to grieve the loss of your roots and your people.

Their love can remain part of the home you carry within.

1 A DIFFERENT KIND OF LOSS

- You may feel the absence of the people who knew you from the beginning.
- The loss can change how you see your family story.
- You may feel untethered or like an "orphan" at any age.
- These feelings are understandable.

2 MISSING YOUR FAMILY HOME

- A home, familiar place, or family gathering may feel different.
- You may miss the feeling of returning to your parents.
- Belongings and family spaces can hold strong emotions.
- Take decisions about them one step at a time.

3 HOLDING FAMILY HISTORY

- You may feel responsible for stories, photos, or traditions now.
- There may be questions only your parents could answer.
- Write down memories you want to preserve.
- You do not have to carry every detail alone.

4 SIBLING RELATIONSHIPS

- Siblings may be grieving different parents in different ways.
- Old family roles may shift or become more visible.
- Grief can bring closeness, strain, or both.
- Gentle communication and boundaries can help.

5 LIFE WITHOUT THEIR GUIDANCE

- You may wish you could ask for their advice.
- Milestones can bring a fresh sense of their absence.
- You can carry forward the lessons they gave you.
- Their influence can remain a source of grounding.

6 COMPLEX EMOTIONS

- You may feel grief, relief, loneliness, gratitude, or fear.
- More than one feeling can be true.
- There is no correct way to respond to this loss.
- Give yourself permission to feel honestly.

7 CREATING NEW TRADITIONS

- Keep the family rituals that bring comfort.
- Create new ways to gather or remember.
- Mark meaningful dates in a way that feels manageable.
- Home can take on new meaning over time.

8 CARRYING THEM FORWARD

- Speak their names and share their stories.
- Let their values guide the life you are building.
- Their love can remain part of your identity.
- You are allowed to move forward while carrying them close.

A GENTLE REMINDER

The love of both parents can remain part of the story you carry forward.



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