

FOR THE OFF-SCRIPT GRIEVERS.

GRIEF DOESN'T FOLLOW YOUR CALENDAR

Grief has no protocol and no timeline and that is entirely normal

THE STOIC PRINCIPLE

You thought you would be over it by now. You are not. There is nothing wrong with you. Grief has no protocol. The five stages are a model, not a schedule. Let it move at its own speed. Your job is to keep showing up.

THE STOIC SUPPORT

"I should prefer to see you abandoning grief than abandoning you."

SENECA | LETTERS FROM A STOIC

STOIC STEPS FOR RADICAL RESILIENCE

Five steps for grief that's taking longer than the books said.

01 DROP THE TIMELINE

'I should be past this by now' is the line that keeps people stuck longest. There is no should. There is just where you are. Today. That is the only date that counts.

02 NOTICE WHAT TRIGGERS IT

Songs, smells, certain Tuesdays for no reason, a turn on a familiar road. Knowing the triggers does not disarm them. It just means the wave does not blindside you.

03 LET THE WAVE LAND. LET IT LEAVE.

Resistance prolongs it. Surfing it shortens it. Cry. Sit. Walk. Whatever the body asks for. The wave wants to pass through. Do not dam it.

04 RATION THE RUMINATION

Memory is necessary. Looping is corrosive. Set a window. 'Tonight, after the kids are down, I will think about it.' Then close the window when the kid wakes up.

05 STAY CONNECTED TO THE SMALL THINGS

Coffee. Appointments. The shower. Grief tries to swallow ordinary life. Ordinary life is also the medicine. Keep the small reps.

THE REFRAME

Tears, yes. There should be. But not lamentation. Don't abandon you while you grieve them.