

Von: **Mighty Voices** email@e.themighty.com
Betreff: Grief isn't Linear Process
Datum: 11. Oktober 2018 um 13:52
An: karina.sturm86@gmail.com

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Do you feel alone with your [#grief](#) today and need support from our community?

Share your thoughts on The Mighty using the hashtag [#myfeelingsmatter](#) and find others who might feel the same way.

POST NOW

Hello Mighties,

As we all well know, grief is not a linear process. It looks different for every person experiencing it. No rule defines how we should feel or how long it takes to cope with the loss of a loved one. It could take longer for us than for another person, and sometimes it might seem as if everyone around us moved on before we can. Those people might even assume we feel the same way and stop asking us about our grief.

I know this might hurt you. If you feel alone with your grief and need someone to support you today, or if you can offer support and love to someone else, share your thoughts on the Mighty site using the hashtag [#myfeelingsmatter](#). Many members of our community can relate to your feelings and may share their support with you. Or maybe you can offer some advice to them?

Stay [#MightyTogether](#),

Karina

This Mighty member offers an important advice:

Megan wrote...

Giving myself permission to feel

Sometimes when I'm feeling extremely sad or anxious over my chronic pain I start talking down to myself with phrases like, "It could be worse!" or "At least it's not..." While it's important to have perspective and not drown in my own pity party, I'm learning how unhelpful these thoughts are and how I'm invalidating my own feelings. I'm allowed to feel low or frustrated with my body, as long as I remind myself to climb out of it and remember all the great things in my life, too. I hope you know your feelings are valid, even if your symptoms "could be worse."

[#MyFeelingsMatter](#)

Read the responses, and [reply](#) to Megan yourself:

SEE THE FULL POST

This member shares an important reminder with the community:

Regina wrote...

Maybe [#dailyaffirmation](#) [#checkinwithme](#)

I always say To myself “maybe tomorrow will be better” because its better than saying Things are bad today

Read the responses, and [reply](#) to Regina yourself:

SEE THE FULL POST

Send Brooks some love:

Brooks wrote...

What Grief Does

It's a little after 1AM here on the east coast. I am tired, but not overtly so. As I write this, tears flow down the side of my face and land softly on my pillow. I've been to this place before, or at least I feel like I have. This place of sadness, longing, and a desire for something that was once mine. I'm 21 now. I lost my dad when I was 16. I never really knew my dad all that well, so truthfully I can't really say I miss him as a person as much as a I miss him as a figurehead of sorts in my life. I miss what he represents. I miss the feeling of comfort and steadiness he provided. I realize there are plenty of bad fathers out there, but I know my dad was trying the best he could to be the best father he

could be. Grief does a lot of things to the mind and body, and it remains a permanent fixture and touches one down to the deepest parts of the soul. I've done better over time when it comes to feeling sad about my dad. I know he would want me to live my best life. However, sometimes I just have to pause and let out the building mix of emotions that have slowly built up inside of me. Grief makes one realize the power of love and the intensity of emotion. It also reveals the fact that none of us are as "tough" as we thought we were. Grief seems to me to be merely another type of love, one that endures even in the shadows of death.

Read the responses, and [reply](#) to Brooks yourself:

COMMENT NOW

The image shows a collage of smartphone screens displaying social media posts from 'The MIGHTY' app. The posts include a story about depression, a question about chronic pain, and a thought about invisibility. The app's logo is visible on the right, and a 'Download on the App Store' button is at the bottom.

The MIGHTY

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