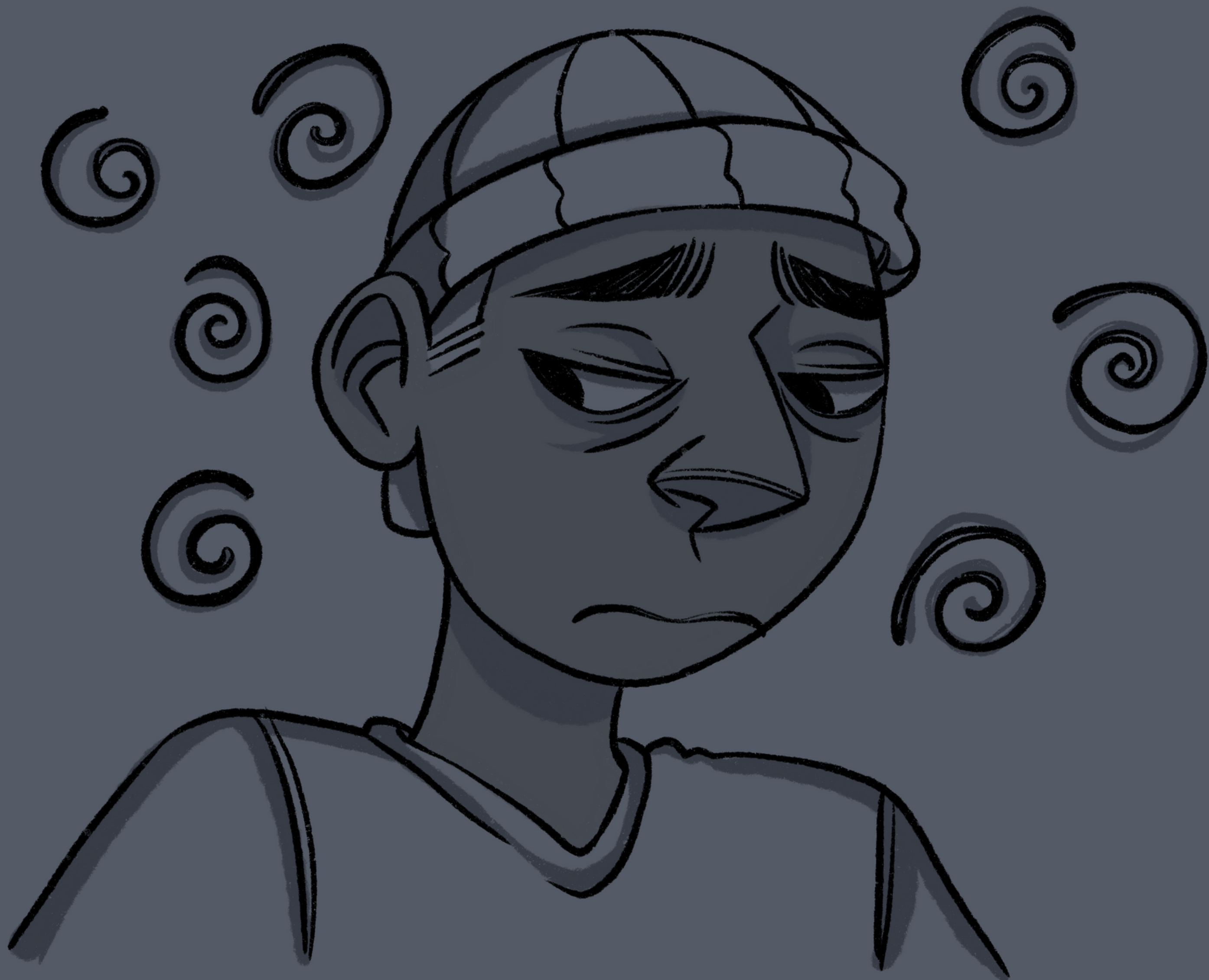


flow



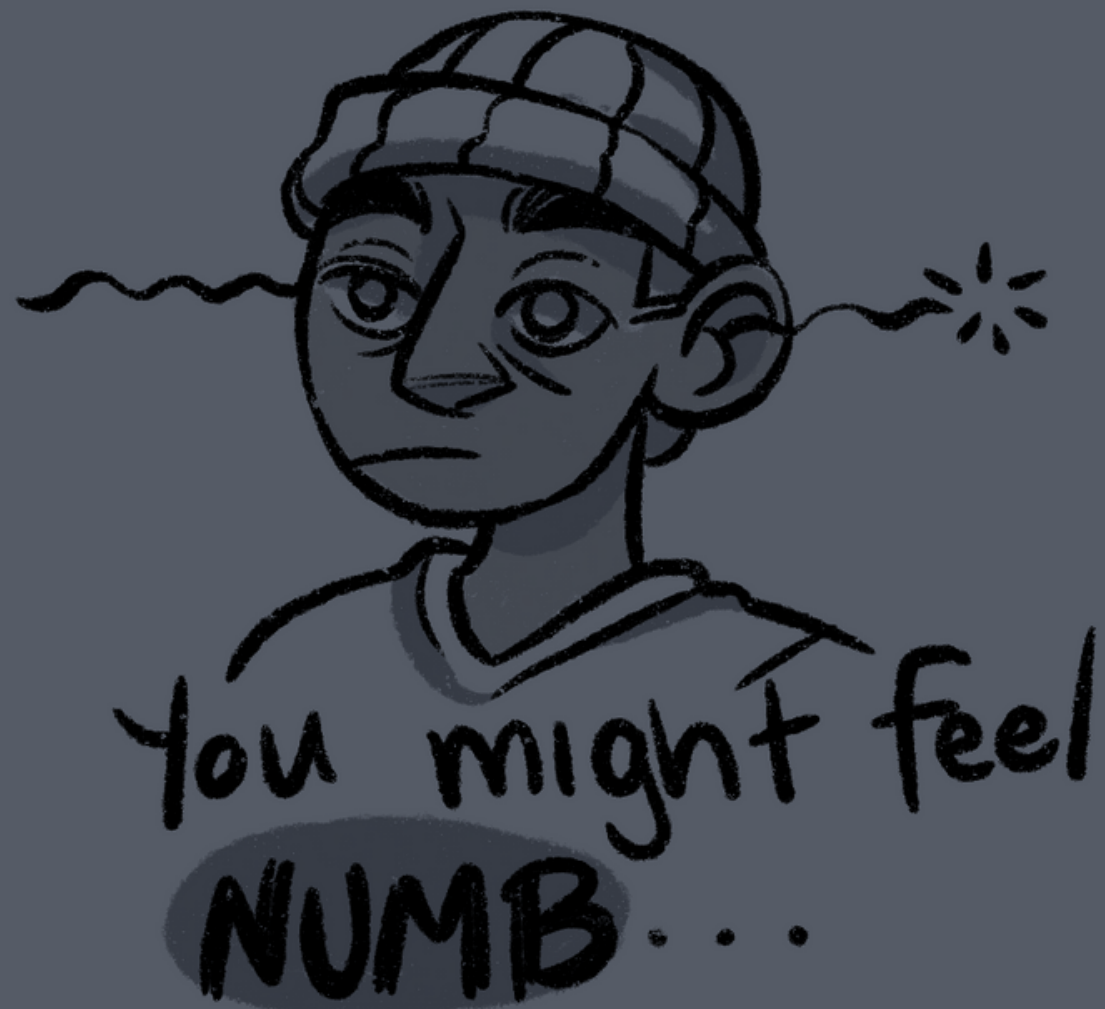
Grief is a funny thing.

It's a thing that's existed as long
as we have, and yet it's still so



UNPREDICTABLE.

It hits every person in a unique way,
and in a unique timeline.



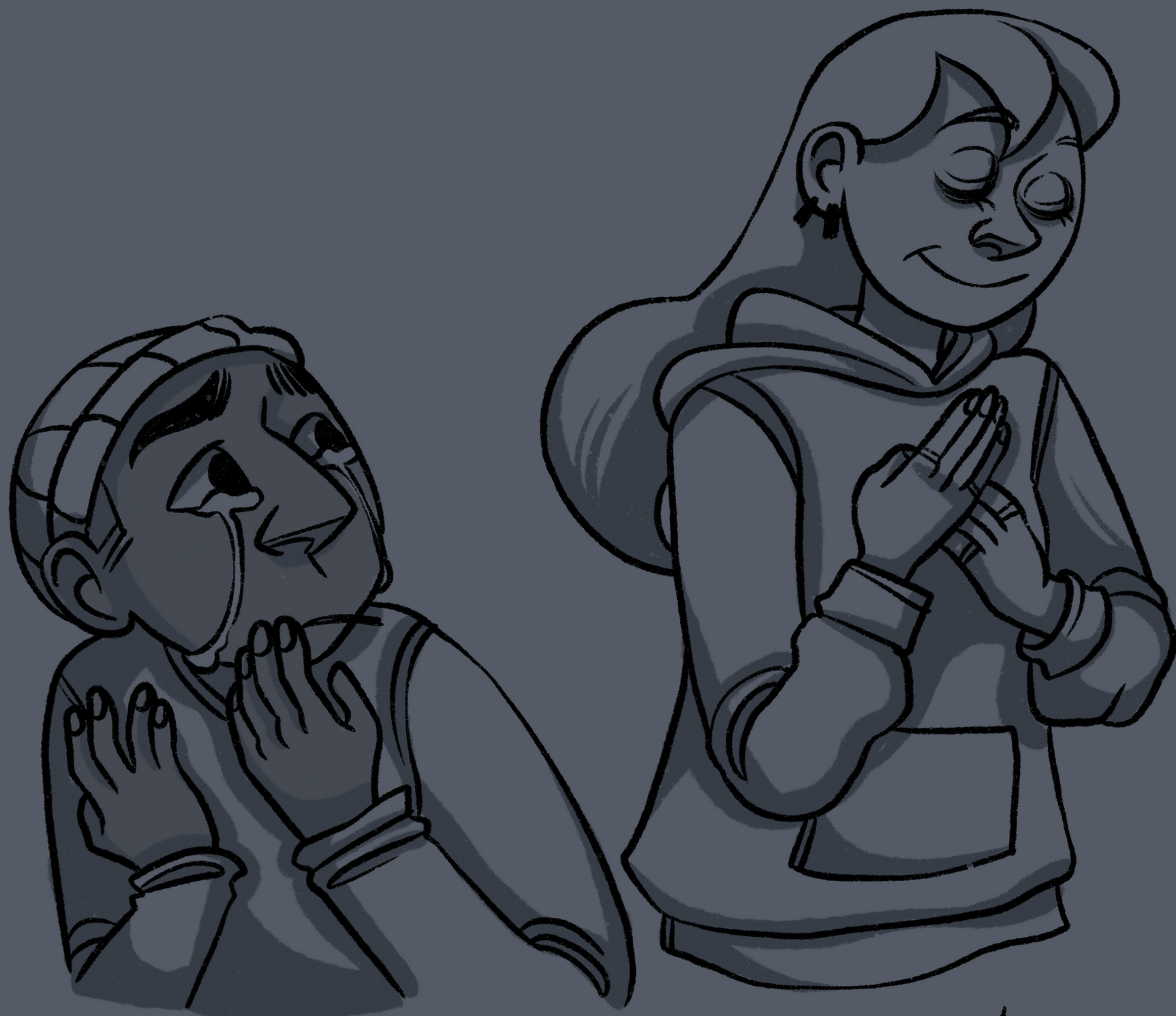
or **POWERLESS**...



... Or **ALL** of those things at once.

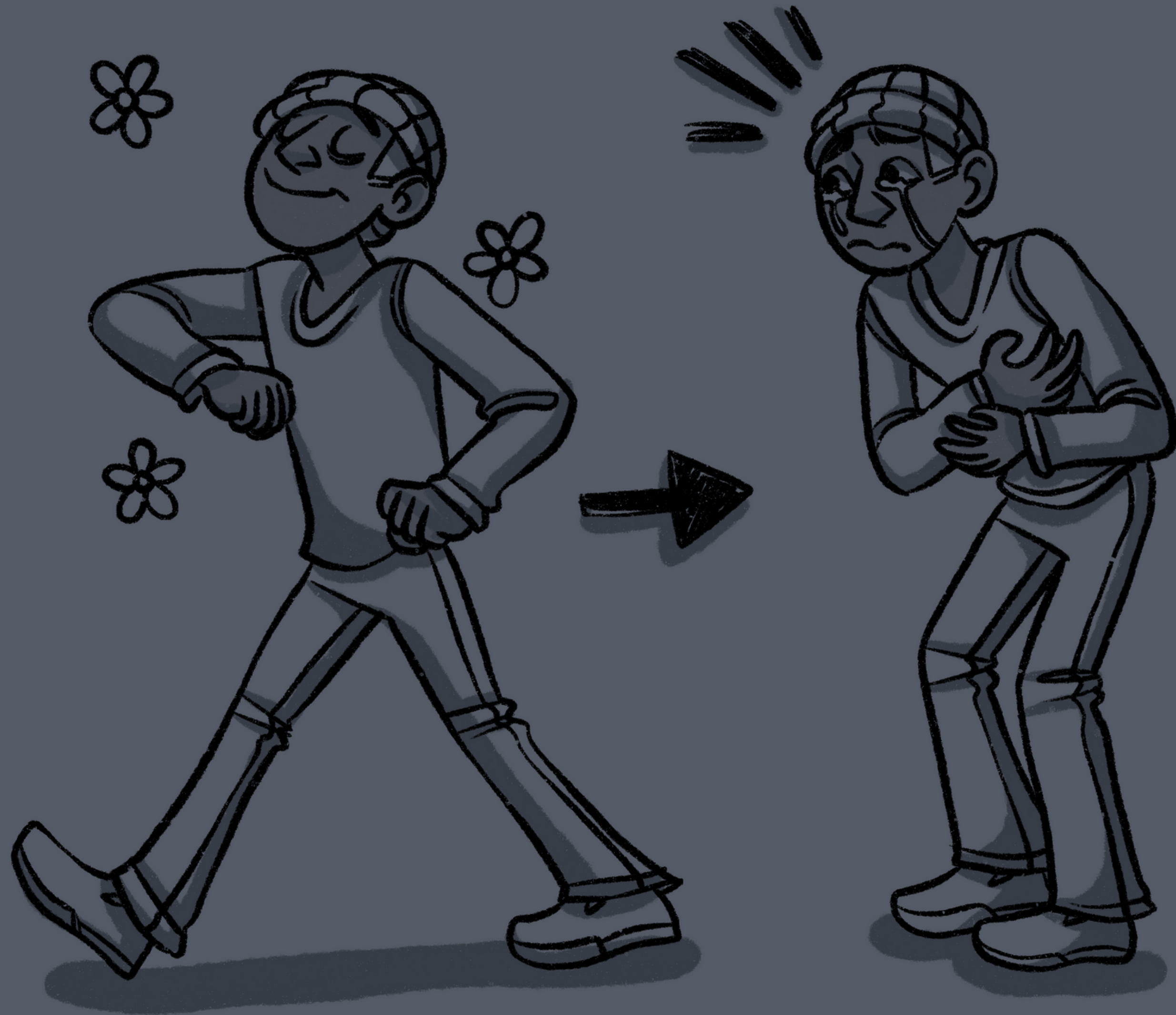
Because everyone grieves differently, it's easy to get stuck in the process and compare yourself to others.





"They managed to work through this so much faster than I did. What am I doing wrong?"

Or maybe one minute you're ok, & the next you're sobbing. Like you've taken 1 step forward & 3 steps back.



(You haven't, by the way. This is totally normal.)

The truth is that there is no right or wrong way to grieve.



Your process will look different from everyone else's, and that's ok.



The only way out of grief is through.