



Living with Loss

Inspired by the Resilient Butterfly conversation with Thomas Attig



Grief doesn't ask us to forget.
It asks us to learn how to live differently while carrying love forward.

There is no right way to grieve.

Grief is one of the most universal human experiences—and one of the most personal.

It can follow the death of someone we love, but it can also accompany illness, addiction, changes in identity, loss of independence, retirement, divorce, or other significant life transitions.

Every person's experience is unique.

Rather than offering a roadmap or timeline, this guide invites you to pause, reflect, and approach grief with patience and compassion—for yourself and for others.

Grief Looks Different for Everyone

There is no single timeline, sequence, or "right" way to grieve. Some days may feel lighter. Others may unexpectedly feel heavy again. Both experiences are part of being human.

Love Doesn't End

Grief exists because love exists. Although loss changes our relationships, it doesn't erase the connection we continue to carry with those who have shaped our lives.

Healing Isn't Forgetting

Moving forward doesn't mean leaving someone—or something—behind. Many people discover that healing involves finding new ways to honor memories while continuing to engage with life.



Gentle Questions to Carry With You

Rather than trying to answer them immediately, simply notice what comes to mind

- What memories continue to bring comfort?
- What has this experience taught you about love?
- What helps you feel connected when grief feels overwhelming?
- What kind of support feels most helpful right now?
- How have you grown in ways you never expected?

A Closing Thought

Healing doesn't ask us to stop loving. It invites us to discover new ways to carry that love forward.

Listen to the full episode of the Resilient Butterfly Podcast featuring Thomas Attig for a thoughtful discussion about grief, resilience, and discovering wisdom through life's most difficult experiences..

