

Loneliness & Grief

Grief can feel isolating, even when other people are nearby. Connection does not require you to explain everything.

When do I feel most alone?

Who do I feel safest with?

What makes it hard to reach out?

What do I need from other people?

What responses are unhelpful for me?

Who could sit alongside me without trying to fix things?

What type of connection feels manageable?

One person I could connect with is...