

I Want to Scream - This Isn't Fair

A grief space for anger, injustice and everything you wish you could shout.

Grief is not always quiet sadness. It can be furious, restless, bitter, confused and deeply unfair. You may be angry at what happened, at the person who died or left, at professionals, family, circumstances, your body, life itself - or at everyone carrying on as though the world has not changed.

Anger can belong in grief

Feeling angry does not cancel love. Grief can hold love, rage, relief, guilt, longing and disbelief at the same time.

I am angry because...

The unfair part is...

What I cannot say politely

I WANT TO SCREAM

This page does not need to be reasonable, tidy or kind.

GET THE ANGER OUT

Write the swear words. Write 'why?'. Write their name. Repeat yourself. Say what should have happened instead. Say what you hate about this. You are not writing a final judgement - you are giving the feeling somewhere to go.

Who or What Am I Angry With?

Grief anger can point in several directions at once.

THE LOSS ITSELF

What happened? What was taken away? What future, routine, role or sense of safety disappeared?

PEOPLE / SYSTEMS / CIRCUMSTANCES

Professionals, family, an employer, illness, an accident, timing, decisions, unanswered questions or things outside anyone's control.

THE PERSON - OR MYSELF

Anger at someone for leaving, choices they made, things left unfinished - or anger and blame turned inward.

What Is the Anger Protecting?

Sometimes anger sits beside pain that is harder to approach.

There is no requirement to find a softer feeling underneath anger. But if it helps, notice whether the anger is standing alongside helplessness, fear, longing, guilt, abandonment, shock, disappointment, loneliness or the unbearable fact that you cannot change what happened.

Underneath the anger I notice...

What I desperately wish had been different

What I miss / what was taken from me

Where Is This Living in My Body?

Grief and anger can be intensely physical.

You might notice jaw tension, pressure in the chest, heat, shaking, headaches, nausea, restless energy, clenched hands, exhaustion, tears, numbness, pacing, difficulty sleeping, an urge to hit something, shout or run. Notice the sensation without judging it.

My body is doing...

The anger feels strongest when...

A safe physical release might be...

What Do I Wish I Could Say?

There may be words that never had a safe or possible place to land.

TO THE PERSON / WHAT I LOST

I love you. I hate that you left. I needed more time. I am angry. I miss you. I wish you had known...

TO OTHER PEOPLE

Stop telling me to be strong. Stop fixing it. Stop comparing losses. Please remember them. Please let me be angry.

TO LIFE ITSELF

This was not how it was meant to be. This changed everything. I did not choose this.

Giving Anger Somewhere Safe to Go

Expression is different from harming yourself, another person or property.

Possible outlets include writing uncensored pages and destroying them afterwards, crying, movement, walking, running, vocalising somewhere private, squeezing a towel or cushion, ripping scrap paper, music, art, talking with someone who will not shame the anger, or using therapy to explore what the anger carries.

What helps me release pressure safely

What makes the anger worse

What I need from other people when anger hits

You Don't Have to Make Grief Look Gentle

Anger can be part of loving, losing and trying to live with what cannot be undone.

A message from Maggie

There can be enormous pressure to make grief look quiet and acceptable. But sometimes grief screams. Sometimes it says this was unfair, I did not want this, I am furious that life carried on, or I am angry with the very person I miss. Those feelings do not make your grief wrong. You can love someone and still be angry. You can understand what happened and still hate that it happened. Give the anger a safe place to exist rather than forcing yourself to turn it into something more comfortable for everyone else. You do not have to solve it today. You can simply tell the truth about how it feels.

What I want to give myself permission to feel

Words I could use with someone

Example: 'I am angry about what happened. I don't need you to correct it - I need somewhere to say it.'

Books & further reading

- Megan Devine (2017). It's OK That You're Not OK.
- Julia Samuel (2017). Grief Works.
- Lois Tonkin (1996). Growing Around Grief - a model for living alongside loss.
- Cruse Bereavement Support - information and support for bereaved people.

If anger feels unsafe or you fear harming yourself or someone else, seek appropriate urgent support.