

permission slip



...to fall apart.

to feel the pieces of you come loose, and not know where you end and the grief begins. that isn't weakness, it's love with nowhere to go.

...to need.

for help, comfort, company, or simply to be held. you were never meant to carry this alone, and asking is not a burden.

...to feel all of it.

the sorrow, the anger, the longing, the numbness. let it come in waves. and when the waves are too much, step back to the shore and rest. you don't have to feel everything at once.

...to take your time.

there is no schedule for this, no point by which you should be "better." healing is not a race, and slow is not the same as stuck.

...to still love them.

to keep talking to them, keeping their things, carrying them with you. healing has never meant letting go, only finding a new way to hold on.

...to grieve your own way.

even when it looks nothing like how others around you grieve. there is no right way to miss someone.

...to feel joy again.

to laugh, to have good days, to feel the sun without guilt. joy doesn't betray them. it honours the love that's still here.

...to be changed by this.

you may not return to exactly who you were, and that is not a failure. it's what it means to have loved someone that deeply.

...to simply not be okay today.

today doesn't have to be the day you heal.