

losing a parent as an adult

You can be an adult. Have your
own life. Even know what you
are doing.

*And still miss being
their child.*

Being grown does not make the
loss smaller.



grief often arrives sideways

I am capable.



I want my parent.

I am an adult.



I feel like a
child.

I had many years
with them.



It still wasn't
enough.

I know they were
getting older.

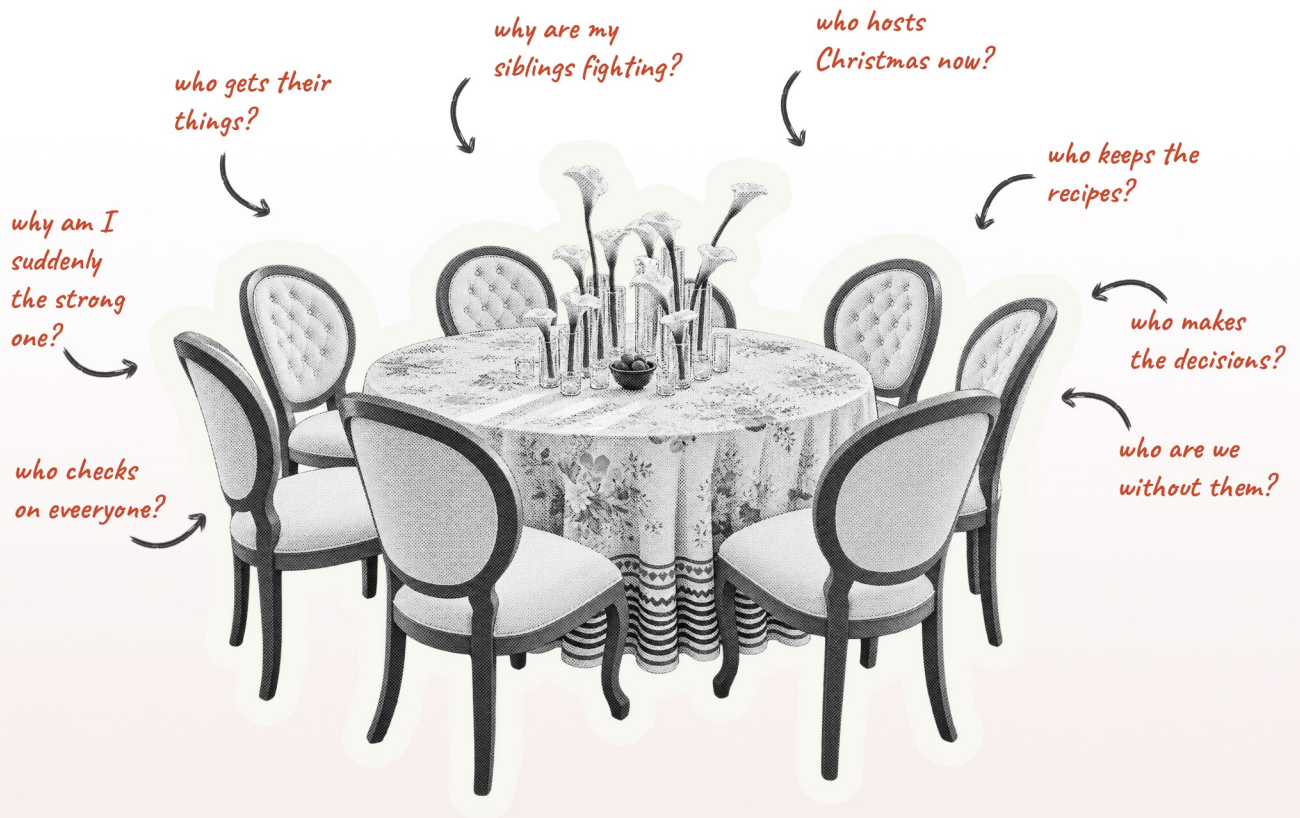


I wasn't ready.

Both can be true: I am an adult and I still want my parent.

grief often arrives sideways

A death doesn't only leave an empty chair. It can change everyone else's place at the table.



*You don't have to inherit
every role they left behind.*

when grief turns in conflict

When a parent dies, a family is grieving the same person – but not necessarily the same relationship. Old roles, unresolved hurts, different memories and different ways of grieving can suddenly collide. Sometimes the argument appears to be about a ring, a house or a funeral decision, when underneath it is something much more tender:

*Did Mom love you more? Did Dad trust you more? Do I still belong here?
Does anyone understand what I've lost?*

who gets the
"thing"?



Jewellery, photographs, furniture and sentimental belongings can carry enormous meaning.

*"She promised it to me."
"But I was closer to her."
"Why did you get it?"*

what happens
to the home?



The family home can represent far more than property. One sibling may want to sell, another may desperately want to keep it. A key can suddenly represent

belonging, security, childhood, fairness and who gets to decide what happens next.

the will
and money



Unequal inheritances, unexpected instructions or disagreements about an executor can quickly become emotionally charged.

Sometimes:
*"Why did Dad leave you more?"
is really asking
"Did I matter less?"*

what do
we keep?



One person may want everything left exactly as it was. Another may need the belongings cleared quickly because seeing them is unbearable. Neither response necessarily reflects how much they loved the person.

who did
what?



After a death, siblings may begin keeping score:

*"I organised everything."
"You weren't there."
"I cared for Mum for years."
"Nobody even asked what I needed."*
Grief can bring years of unequal caregiving and resentment to the surface.

THE ARGUMENT ISN'T ALWAYS ABOUT THE THING.

The ring may be about **love**. The house may be about **belonging**. The will may be about **fairness**. The funeral may be about **being heard**. The belongings may be about **letting go**.

Before asking "Who is right?" it can help to ask: "What is this really about for each of us?"

when grief comes with admin

Somewhere underneath the grief,
there is often a folder.



You don't have to finish everything at once. You don't have to understand every form. You're allowed to ask someone to sit beside you. You're allowed to put the folder away and come back tomorrow.

One thing at a time is still getting things done.

THE PAPERWORK IS PRACTICAL. THE LOSS ISN'T.

Every form, phone call and signature can carry a quiet reminder that someone you love is no longer here. If something that should take ten minutes takes all day, that isn't failure. Grief takes up space in the brain and body too.

* This is orientation, not legal advice.