

when you lose your person

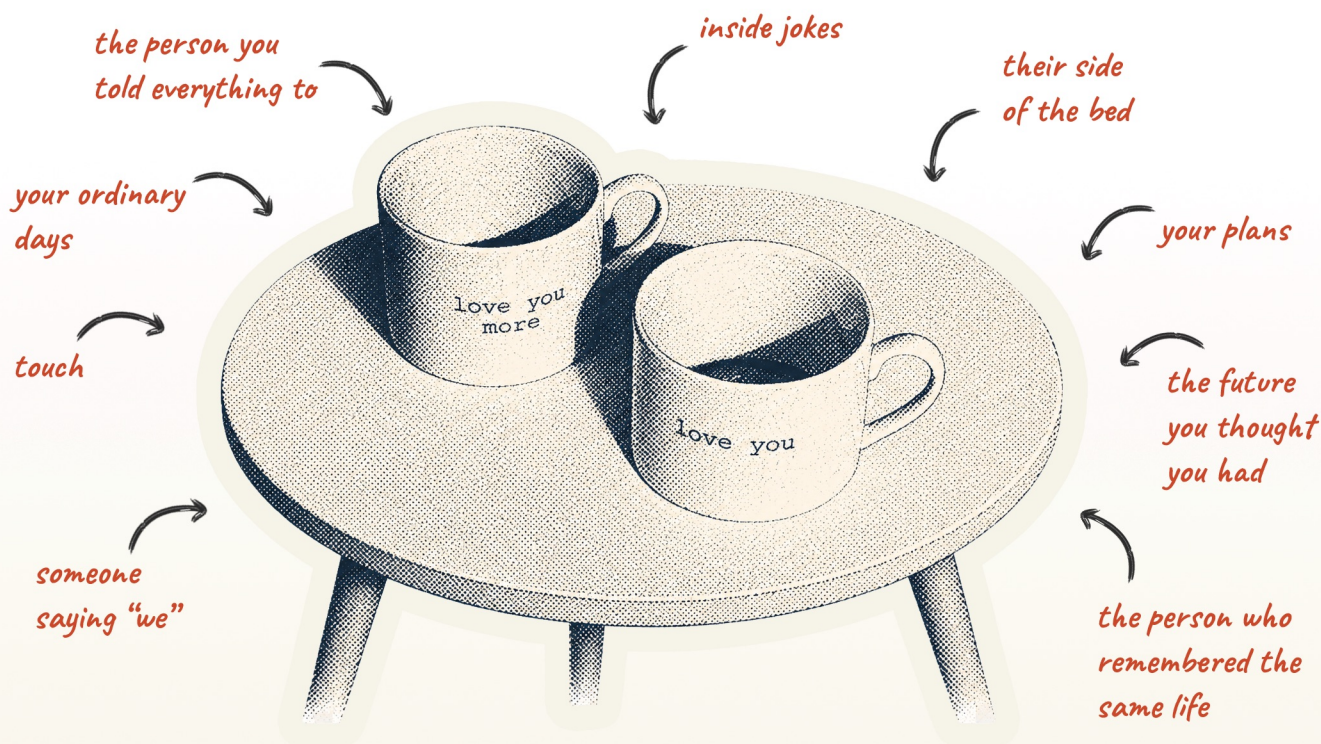
The loss of a partner can be the loss
of a whole shared world.

It can simultaneously be the loss of your companion, shared
future, daily rhythms, physical intimacy, financial
partnership, co-parent, social identity and the person who
witnessed your ordinary life.



you didn't only lose a person

Grief can be for what happened, and for everything that now won't.



You may also be grieving...



The person you called first.



Your everyday routines.



Physical closeness.



The life you built together.



The future you expected.



The version of you that existed together.

There is no correct size for this grief.

when “we” becomes “i”

Sometimes the biggest absense appears in
the smallest moments.

both can be true

I want
people
around me

I want
everyone to
leave

I want
things to
feel normal

I don't
want a
normal
without you

I am
capable of
doing this

I don't
want to do
this
without you

I laughed
today

I can't
believe I
laughed
today

*making one
coffee*

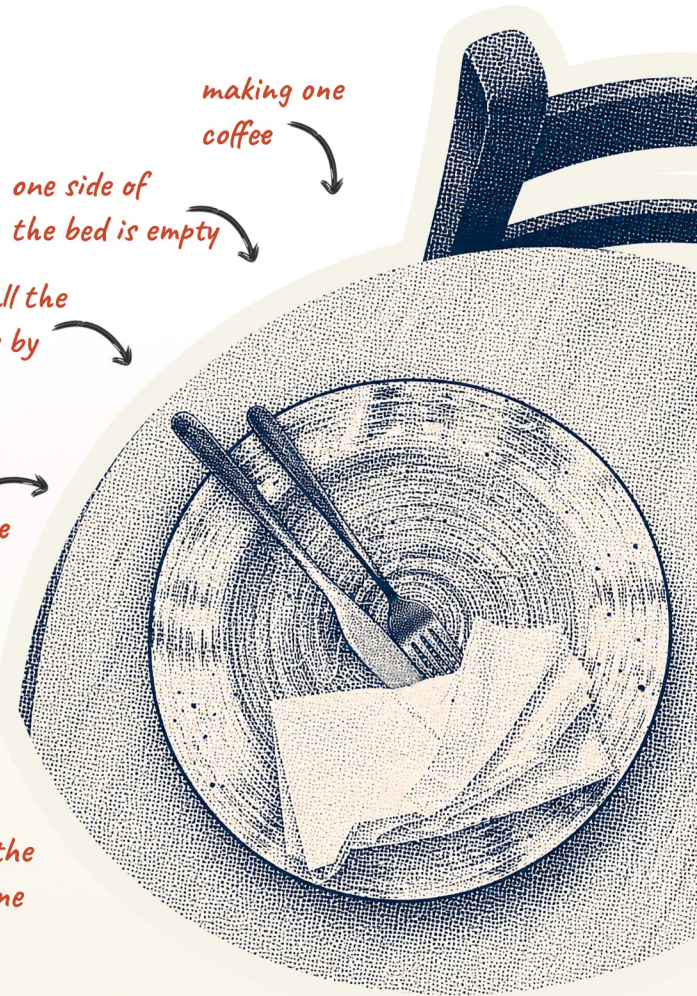
*one side of
the bed is empty*

*making all the
decisions by
yourself*

cooking for one

*signing only
your name*

*going to the
event alone*



Grief is full of contradictions. You don't have to resolve them.

somehow, life still needs doing

The world can hand you a second job on
the worst day of your life.



MONEY

- ☐ bank accounts
- ☐ regular payments
- ☐ insurance
- ☐ pensions/retirement benefits

*Ask someone financially
capable to sit beside you
if this feels impossible.*



PAPERWORK

- ☐ death certificates
- ☐ will
- ☐ estate documents
- ☐ policies & accounts

*Keep one folder or box
for every document and
reference number.*



HOME

- ☐ meals
- ☐ shopping
- ☐ pets
- ☐ bills
- ☐ maintenance
- ☐ the things they
used to handle

*Accept specific offers.
They're easier than open
ones.*



YOU

- ☐ water
- ☐ food
- ☐ sleep
- ☐ company
- ☐ fresh air
- ☐ the doctor when you
need them

You are also on the list.

note: Some financial, estate
and contractual matters have
legal or administrative
deadlines. Ask the relevant
professional.

One small thing today is enough.

the things we don't talk about enough

01



THE BODY MISSED THEM TOO

- * their touch
- * their smell
- * sleeping beside them
- * holding hands
- * being held
- * intimacy

*Missing physical
closeness is part of
grief too.*

02



IF YOU WERE THEIR CAREGIVER

*Your days have
revolved around
caring for them.*

- and now there are
suddenly no:
- * appointments
 - * medications
 - * hospital visits
 - * checks
 - * routines

03



YOU ARE GRIEVING WHILE HELPING THEM GRIEVE

- * you don't have to
hide every tear.
- * you don't have to
have every answer.
- * you are allowed to
need support too.

*Helping a child after
the death of a
parent.*

04



WHAT IF LOVE CHANGES AGAIN

- * keeping your ring
on
- * taking it off
- * wanting
companionship
- * dating
- * falling in love
- * never wanting
another
relationship
- * not knowing yet

*There is no next step
you are required to
take.*

You don't have to carry this all at once.