

The Grief Room

Some days grief doesn't need to be transformed. It needs somewhere to be put.

Grief isn't only for death. People grieve relationships and friendships, the childhood they didn't have, the parent they needed, the person they used to be, their health, fertility, a dream, a career, a home, an animal, time itself — and sometimes something they can't explain. All of it is allowed in this room, and none of it will be argued with.

Nothing here will try to fix you, hurry you, or walk you through stages. Every prompt is optional. Writing one sentence and leaving counts. Sitting here writing nothing counts too.

IF YOU WANT TO NAME IT

What I'm grieving

In your own words — a name, a thing, a time, or "I don't fully know."

IF YOU WANT TO SAY HOW IT IS

What today is like

Not how you're "doing." How it actually is, today, in this body. Heavy days and okay days are both true; neither one is the report card.

IF YOU WANT TO HOLD SOMETHING

What I want to keep

A memory, a phrase, a smell, a habit, a lesson — something of what you lost that you'd like to carry on purpose rather than by accident.

IF SOMETHING WAS LEFT UNSAID

What never got said

You can note it here — or, if it wants to be a whole letter, Letters Never Sent is the next room over, and it was built for exactly this.

There is no ending step. Grief doesn't resolve on a page, and this room won't pretend it does. Come back whenever it needs somewhere to be put. Your words will be here, on this device, exactly where you left them.

IF IT STIRRED SOMETHING UP

Coming back down

Breathe in through your nose for four, out through your mouth for eight — longer out than in — for a few minutes. Then name five things you can see, four you can hear, three you can touch. Stirred-up feelings after writing like this are common and tend to pass; if they don't, that's information that this

deserves more support than a page can give.

If you're in crisis or thinking about harming yourself, please don't work through it alone here. In the US, call or text 988 (the 988 Suicide & Crisis Lifeline), or chat at 988lifeline.org — available 24/7. Outside the US, findahelpline.com lists helplines around the world.

A BLESSING ON THIS WORK

This work is a gift. Share it freely with anyone who needs it — print it, copy it, pass it on whole. It is not for sale, by us or by anyone, and it shouldn't be changed. Above all, keep the crisis lines and the words about seeking professional help exactly as they are — for someone, those may be the lines that matter most. It exists to help people heal, and to raise the vibration of the world. That will never cost anything here.

— *Aether & Root · aetherandroot.com/inner-work*