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by Megan Devine

There is no set pattern, not for everyone and not even within each person. **Each grief is unique, as each love is unique.** There are no stages capable of containing all the experiences of love and pain. There are no stages of grief.

To do grief "well" depends solely on individual experience. It means listening to your own reality. **It means acknowledging pain and love and loss.** It means allowing the truth of these things the space to exist without any artificial tethers or stages or requirements.

There is no time when pain and grief are completed; you grieve because you love and love is part of you. Love changes, but does not end.

Pain shifts and changes: sometimes heavy, sometimes light.

Anger will happen. So will fear, peace, joy, guilt, confusion, and a range of other things. You will flash back and forth through many feelings, often several of them at once.

There is no way to do grief "wrong." It may be painful, but it is never wrong.

Remember that there is no "closure." Grief is part of love, and love evolves. Even acceptance is not final: It continuously shifts and changes.

Your love, and your grief, are bigger than any stage could ever be. The only way to contain it is to let it be free.