Carrying grief

For the heart that still aches after the mind has accepted. This sheet does not try to end your grief. It helps you carry it through an ordinary day.

You are not the only one

This episode sits in the gap between what the mind accepts and what the heart still feels. The mind accepts that every soul returns to its Creator, and the heart still asks how to live without them. The episode's answer is gentle: grief does not mean your faith is weak. It means your love was real. Grief is not a staircase. It is a tide.

Season 2, Episode 7: Heart mourns and mind accepts

The skill, in small steps

1. **Name the loss plainly.** Who or what you have lost, and what you miss most today. Today's answer can be different from yesterday's.
2. **Choose one small anchor for the day.** A meal eaten at the table, a short walk, one prayer or one quiet minute at a set time.
3. **Let the waves come.** Crying is not going backwards. A wave that arrives will also leave.
4. **Do one small act of goodness in their name.** A prayer, a gift to someone in need, a kindness they would have done.

Your turn

Who I am missing:

What I miss most today:

One small act of goodness I can do in their name:

ٱلَّذِينَ إِذَآ أَصَـٰبَتْهُم مُّصِيبَةٌ قَالُوٓاْ إِنَّا لِلَّهِ وَإِنَّآ إِلَيْهِ رَٰجِعُونَ

"Who, when disaster strikes them, say, "Indeed we belong to Allāh, and indeed to Him we will return.""

Al-Baqarah 2:156 · Quran.com

If many months have passed and you cannot manage daily life, or you have thoughts of not wanting to be here, please reach out today. That is not weak grief. It is grief that needs company.

Shared for comfort and reflection by women who have been there. Not therapy, counselling or medical advice. In crisis? Call 911, or the Naseeha Helpline at 1-866-627-3342, any hour.