

If something here  
*settled into you...*

A SHORT REFLECTION



Read more on grief-informed practice



Slow down with someone trained to witness



Stay in touch when you're ready



*Begin where  
you are.*

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# *Held.*

*On the griefs that often go unmet, and  
the small ways we can hold them.*

FOR THE LIVES WE LIVE AND  
THE LOVES WE CARRY

# Some losses don't have ceremonies.

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Not all grief comes with a funeral. Some of the deepest losses we carry are for things that didn't get to happen, the welcomes we didn't receive, the years we spent surviving instead of living, the people we might have been if we'd been free sooner.

There's a name for this in the literature: *disenfranchised grief*. It is grief the world around us doesn't validate, or even recognize as grief at all. The relationship that ended without anyone knowing it began. The family member who is still alive but won't say your name. The version of yourself you had to set down to stay safe. The elders who didn't survive long enough to meet you.

These losses are often invisible. But the body knows them. They show up as exhaustion, hypervigilance, low-grade sorrow, a tightness in the chest that doesn't seem to have a story attached. Treating them as moods to manage only deepens the wound.

*What goes unwitnessed doesn't go unfelt.*

# Small practices for what we carry.

*These aren't fixes. Grief isn't a problem to solve. They are small ways of making room for what's already there.*



## **Name what's unnamed.**

When something feels heavy and you can't quite say what, try: "I think I might be grieving \_\_\_\_\_." Even silently. Naming reduces the weight.



## **Make small ceremonies.**

For anniversaries that didn't get celebrated, losses that didn't get marked, milestones the world missed, light a candle, write a letter, sit quietly. Be your own witness.



## **Choose the right witness.**

Not every grief needs a therapist, but every grief needs a witness. A friend, a chosen family member, a coach, a community group. Don't bring grief that needs witnessing to people who can't witness it.



## **Let the body know it's allowed.**

Tears, anger, numbness, exhaustion, these aren't symptoms to fix. They are the body keeping faith with what mattered.

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*You don't have to know what to call it for it to be real.*