

A poem by Brodie (13 yrs.) about what Grief is for him.

## My Feelings about Grief

By Brodie

Grief is basically when you are mourning someone's death -

Grief is when you are sad and down about it.

Grief will come and go, and go and come . . .

Grief is in my head going 'round in circles,

Comes back and it's gone, comes back and it's gone . . .

Grief is something hot on your chest.

Grief looks very tall - but hunching over - it's probably dark blue.

It's like having this other person inside of you, who just wants to slouch over and  
be sad . . .

Grief sounds like crying - a lot of crying, or not crying at all.

Grief sounds like a truck - deep and grumbly.

Grief smells like a trash can full of old rotten food -

Like someone who hasn't showered.

Grief tastes salty because of the tears.

Grief is longer for some, and more intense or less for others.

A few months, a year, or years . . .

Grief is the Whys – you ask why they did it . . .

Grief is your Confusion . . . being blasted with a lazer canon - heavy but light.

Grief is Anger - sometimes You can control it, and sometimes IT takes control of You . . . then it has a ripple effect on people around you.

Grief is missing the person – you can miss them sometimes and sometimes not.

You might not remember them, but you know they are still there.

Grief is Love – finding connections and connecting to people you may not have connected with before . . .

Grief is when there is a bit of accepting what has happened.

Grief is Memories - you just want to re-live those memories, or you just want them to come back.

Grief is Hiding – trying to distract yourself - you may not know it, but you hide from your feelings . . . to avoid the pain and the anger . . .

Grief is something you don't want to bottle up inside because you'll soon start to feel sick.

If you do tell someone – they can comfort you . . .

If you haven't told someone - they can't comfort you . . .

Grief is something you've just gotta talk about with someone,

Grief is something we can go through with the help of others.

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