

Normal Thoughts and Feelings

Everyone feels something with loss and grief, even if that something is 'nothing'. People can feel lost and alone within these feelings. Yet there is something empowering and freeing in knowing that they are not alone, their feelings are normal and that their feelings are ok.

Feelings

- Sad
- Overwhelmed
- Numb
- Nothing
- Scared
- Foggy
- Lonely
- Angry
- Bittersweet
- Relieved

Thoughts

- I don't feel anything
- I can't cry
- I feel so angry
- I can't stop crying
- I can't sleep
- I can't concentrate
- I feel so restless
- I have no patience
- I feel jealous
- How should I be feeling?
- I should be better by now
- How long will it feel like this?
- Who will understand?

“I hate it when I have so much to say but I can't put it in words.”

- Quote attributed to:
Introvertdear.com

