

# Strength Culture vs. Healing Culture

Many of us were taught to survive by performing strength. But what helps us endure is not always what helps us heal. These two cultures shape how GRIEF is carried—or transformed.

STRENGTH CULTURE	HEALING CULTURE
<b>Keep going</b> <b>Don't talk about it</b> <b>Be grateful</b> <b>Pray it away</b> <b>Stay productive</b>	<b>Name the loss</b> <b>Pause</b> <b>Tell the truth</b> <b>Feel safely</b> <b>Integrate, don't erase</b>

*Healing does not make you weaker. It makes your strength sustainable.*