

Where GRIEF Lives in the Body

Not as diagnosis — but as experience.

CHEST

Emotion held too long. Love, sorrow, longing, and pain compressed because there was no safe place to release them.

JAW / THROAT

Words swallowed. Truth restrained. Conversations never had because silence felt safer than honesty.

SHOULDERS

Responsibility carried alone. The weight of being strong, dependable, and necessary when support was absent.

STOMACH

Constant vigilance. Anticipating loss, bracing for impact, living in uncertainty without rest.

LEGS

Endurance fatigue. The exhaustion that comes from surviving instead of being supported.

This is not weakness. This is what adaptation looks like.