

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
Keep going Don't talk about it Be grateful Pray it away Stay productive	Name the loss Pause Tell the truth Feel safely Integrate, don't erase

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