

# 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.*