

## Grief is like...

Grief is like being extremely homesick but knowing your home no longer exists.

Grief is like riding a roller coaster that never stops without a seatbelt.

Grief is like getting up every day to a job you hate and which you feel completely unskilled for.

Grief is like trying to comprehend what is beyond comprehension.

Grief is like a shadow.

Grief is like waiting for a bomb to go off.

Grief is like a mixture of recreating an identity and a bittersweet processing of memory.

Grief is like walking through hip-high mud.

Grief is like being a walking dead zombie.

Grief is like crazy weather. Sometimes showers and storms pop up when you least expect them.

Grief is like a guilty addiction, reminding you of a time when your life was right.

Grief is like a soaking wet wool blanket over your whole body.

Grief is like having an incurable affliction.

Grief is like being the pinball in a game you never chose to play.

Grief is like a wound. Over time it heals but it leaves a scar.

Grief is like waking up every day as a stranger in a foreign land.