

# The Ball in the Box

## *Growing Around Your Grief*

---

*However grief looks for you, know that it is normal, natural, and valid. As you continue to live your life—to grow and change—your grief will change too. This piece explores the ever-changing nature of grief.*

### VIDEO SCRIPT

---

Your grief is as unique as you are. Whatever grief looks like for you, know that it is normal, natural, and valid.

The way each person processes death or loss will vary depending on the kind of person they are, the experiences they've had, the environment they are in, and the tools and supports they have available to them.

You may carry this grief with you for a long time—quite possibly, the rest of your life—but it will not always look or feel the same. It is just as normal and natural for grief to change with time.

Take a moment and try to visualize your life like a box with a bouncing ball inside it. Your grief is that ball. On one wall of the box is a button filled with all the pain of that grief, all the sharpness.

At first, the ball is so big it barely fits in the box. It fills every corner and can feel almost impossible to ignore. Every move you make, no matter how small, jostles that bouncing ball and knocks it into the pain button.

To avoid the button, you might feel willing to try anything. Keep your life quiet, tuck yourself away, line the edges of that box with distractions hoping they will shield you—anything to minimize the pain of your grief. But the ball keeps bouncing, because it has to.

Sometimes, it can feel like this all-consuming grief will never end. Like you've lost purpose, lost the future you had planned, lost any idea of what life is supposed to look like now.

The ball isn't going to just go away one day. It doesn't suddenly get smaller. But the box gets bigger. Your life gets bigger.

Slowly but surely, you start to feel like you have a little more space to breathe again. Maybe smiling starts to feel a little bit easier. And what you once thought was impossible happens—thinking of who or what you've lost starts to feel joyful again.

Your grief is still inside that bouncing ball, and sometimes it will hit the pain button—even when you least expect it. That is the nature of grief. But as you build new relationships, deepen old connections, and find new passions and purpose, the box keeps growing. The button gets hit less and less.

Time doesn't erase what you have lost. Time allows your life to grow around the loss. To grow through it. To find meaning, joy, and a new future.