

An Enduring Connection

Where Does Love Go After Loss?

The love you feel inside does not just disappear after a loss. While it might feel or look different, it is yours. Finding ways to express love after a loss can strengthen your connection with what or whom you lost, and allow you to find greater meaning and peace.

VIDEO SCRIPT

Grief can feel heavy. Very heavy. Sometimes the sadness is far too overwhelming, and the loss feels like more than you can handle.

The heaviness of that burden can feel all-consuming. But it's important to remember *why* you are carrying it.

The pain you might be feeling is because of the connection you shared. The grief has taken up space in a house built out of memories, moments, and lifetimes.

It's important to remember that in the same way that our relationships with people, places, and memories are quite complex, grief and loss are also incredibly complicated. The same loss can be experienced differently by two different people. Within yourself, you carry your own memories and experiences that shape your unique experience of grief.

Your grief is your own. No one can tell you what it should be, or how you should feel. It belongs to you.

Your love also belongs to you. The love you feel inside does not just disappear after a loss. That's not the way love works.

Love is made to be expressed, to be shared. It feels good to let it out, to shout it from the rooftops or write it on a page. When someone or something you love dies, or a chapter of your life ends, you might not know where to put that love, or how to let it out. The heaviness of the grief might feel like it outweighs the connection you shared. It might feel like there is nowhere for the love to go.

But again, that is not the way love works.

Loss does not mean the end of love, or connection. The way you express that love might not look the same when you are mourning a loss, but it doesn't go away. It belongs to you.

While the pain of loss might not ever fully go away—eventually, it will feel less heavy. Eventually, when you think of them, you will feel the depth of the love more fiercely than you feel the weight of the pain.

Give yourself the permission to feel that love when it appears to you. Let it take you over and fill you up. See what meaning—or belonging—you might find in it.