



WHEN ORDINARY OBJECTS WRECK YOU

One of the strange parts of grief is how much feeling can hide inside ordinary things. A coffee cup. A shirt. A toothbrush. A pair of shoes by the door. Something small can suddenly hold more weight than you were ready for, and before you know it, the whole day has shifted.

That can feel confusing because the object itself may seem harmless to everyone else. It is just a mug, just a jacket, just a receipt, just an old note in a drawer. But grief does not respond to objects by their size. A small thing can hold a whole routine, a voice, a habit, a morning, a life that used to include someone who is no longer there.

There is no rule for when those things should stop hurting. Some may become comforting over time. Some may always carry a tender place. Some may need to stay exactly where they are for a while, and some may need to be moved before you can breathe in the room again. You get to decide that slowly.

You do not have to defend why something matters. Grief often lives in details other people would never think to notice. Those details are part of the love, part of the memory, and sometimes part of the ache.

HOLD ONTO THIS:

- Small objects can carry big memories.
- You do not have to explain why something hurts.
- Keeping something, moving it, or giving it away are all valid choices.
- What feels painful now may feel different later.
- Grief often hides in ordinary places.

With Grace for the Mess

~ Stef