



# Grace Notes

From Grief to Giggles

## WHEN PEOPLE STOP CHECKING IN

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One of the harder parts of grief is realizing that support often fades before the grief does.

In the beginning, the attention can feel overwhelming, but there is also something comforting about knowing people remember that your world has changed. Then, little by little, life moves forward for everyone else. The messages slow down. The invitations change. People stop asking, or they ask in a way that seems to expect a better answer.

That can hurt more than you expect. It may feel like everyone else has crossed some invisible finish line you didn't know existed. They may assume that because time has passed, the grief has settled into something manageable. They may not understand that after the funeral, after the first few weeks, there is still an ordinary life to live with a very unordinary absence in the middle of it.

You are allowed to feel the ache of that. You are allowed to miss being remembered. You are allowed to wish someone would say his name, mark the date, ask the question, or send the text without needing you to remind them. Long-term grief can feel especially lonely when the outside world assumes the hardest part has passed.

If the checking in has stopped, it may mean your circle becomes smaller, quieter, and more honest over time. There is grief in that too, but there can also be a kind of relief in knowing who can sit with the truth as it is.

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### **HOLD ONTO THIS:**

- Support often fades before grief does.
- Missing the check-ins does not make you needy.
- People may care and still not know how to show it well.
- You are allowed to ask for continued support when you need it.
- A smaller circle can still be a faithful one.

With Grace for the Mess

~ Stef