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How To Grieve

You start by waking up. You may not realize it, but you have already done this without them, you can do it again. After waking up there's getting up. You'll get out of bed, you'll go out into the world and you will at least pretend to be okay with it.

The next stage is confronting them. You'll see something, them, or something that reminds you; or you'll hear something, their name or their voice, foggy and distant. You'll see or hear, touch or taste and in that instant you'll remember them; the sense makes no difference. Neither does the place or the trigger. This is about your reaction, the way you will freeze up and look away from everyone around, down at your shoes or out of the windows. The way you'll try desperately to hold back you're tears and the way you pretend it's still easy to breath. Then you get out of there, as soon as you can, you move on to the next place where it is the same, over and over.

You'll wonder if anyone has seen how peculiar you're acting, if they know why, or if you're doing it right, but the point is that you do it! You do it all the time! You'll get good at it, so good you wont even notice how you do it anymore! But when you do notice, and you will, over and over, you should just start over. You'll forget it again, for awhile anyways. You'll wake up and get up and go out and pretend and move on and almost forget. You'll keep going, even when you remember them, even when it feels like you can't.