

**GRIEF AND LOSS :**  
**CARRYING THE**  
**WEIGHT OF**  
**UNSHOWN LOVE**

## **Hidden within the shadows**

Shadows stretch across my mind,  
In grief im lost,  
Hard to find.

Darkness whispers,  
Pulling me near.

In the sadness of your loss,  
I disappear.

## **I needed a father ...**

I needed a father  
Strong and wise,  
To guide me through life's highs and lows.

Instead in your absence,  
I became the strong one,  
I learned to fight and  
learnt right from wrong.

In the depths of despair,  
I found my way and found the strength to fight each  
day.

Through the pleads with God for you to be here for  
me,  
Silence is what I received.

In the silence I found grace  
And learned to stand up for myself.

## **Time has passed**

Dad,  
Time has passed and it hurts me still.

Part of me knows it always will.

I know you didn't mean to leave us,  
You were just in a dark place.

Having a dad like you was the greatest blessing  
any girl would have received,

But it was also a curse as your illness made you  
change.

You may not have always been the best to us,  
But you still loved us all.

I love you dad  
And I always will.

## They say ...

They say grief is love with no place to go,  
It's an empty,  
A forgotten sound.

The love we once shared is radiated through  
desperate prayers.

Grief is a bitterness that fades,  
Then returns.

Grief reveals itself in the quietest of nights,  
When the heart replays the memories,  
Both good and bad,  
That we once shared.

Yet in the depths of grief, the love's essence,  
Though unseen,  
Will flow in every tear,  
Flow through all my pain.

The love we once had for you  
Prevails through the grief we gain.

## **Last stage of grief**

They say the last stage of grief is acceptance,  
The hardest stage.

The moment you acknowledge and accept they're  
gone forever,  
Never to return.

Forced to find a new meaning of happiness,  
One that doesn't involve that special person.

I often wonder how people get to this stage,  
How one accepts their loved one is gone forever,  
Never to return.

## **Tomorrow's grief**

I don't know what grief will look like tomorrow,  
But I've learned to endure it;  
To face it head on,  
As your memories wash over me,  
One wave at a time.

But grief is the price of love,  
So I'll pay it over and over,  
Until I see you again.

## **If only I did more ...**

If only i did more than maybe you'd still be here,  
but instead I have to hold the memories of you  
Near and dear to my heart.

If only i did more to change the way you thought  
about life,  
However,  
We must remember you happy  
And cherish the good memories.

If only i told you that you were loved  
One  
More  
Time.



## **Delayed reaction**

It didn't hit me the day I found out you passed.

My young brain struggled to understand  
That yesterday you were,  
Today you're nowhere near.

Your death left a hole in my heart that can never be  
filled.

## **Dash between the dates**

On a gravestone you have two dates and a dash  
in-between,  
The first to mark the beginning of the journey you'll  
embark,  
The last is to mark the end of your time,  
The completion of your life.

27th September was the beginning of my time,  
Though many times I've seeked to see the end of  
my line,  
I'm glad it hasn't happened.

For so much can occur,  
A life one could never imagine.

## **Glass half empty or half full?**

Is the glass half empty, Or half full?

A question of debate, Endlessly discussed.

Yet for me, The answer is clear.

Since losing you, The glass is always half empty.

## **Everything happens for a reason**

They say everything happens for a reason,  
But what was the reason for you being ripped away  
from me?

I know the universe has a plan for you,  
But must it come so soon?

Everything happens for a reason,  
They say,  
But I will never understand why life turned out this  
way.

## **Unpredictability of death**

The last words you ever said to me were  
"I love you and I'll see you later."

But at the moment did you know those were your  
last words?

I often wonder what would have happened if i  
stayed home from school that day,  
Whether you'd stay with us if i were there,  
Or if it was simply your time to go?

But i guess this is a symptom of grief,  
Accepting that death is unpredictable,  
And grief is eternal.

## **Shock**

My body stands still,  
Trying to compose myself  
And understand that you are gone.

But my 8 year old brain couldn't do that,  
And not long after the fact,  
I questioned when you'd return ...

## **Denial - Time and time again ...**

Denial is breaking your heart,  
Time and time again.

Denial is looking at the door,  
Waiting for them to walk straight through.

But as each day brings you closer to reality,  
To the point where you can no longer deny that  
they are gone forever  
And you break in tears,  
Time and time again...

## **Living in the shadows of your footsteps**

I think of things you used to tell me  
And things you would do.

I cried until my tears ran out  
And then I cried some more.

However, you would want me to be happy,  
To never be sad  
And to remind myself of the good times you and I  
once had.



## Matthew

You lit up every room you walked into,  
Your eyes a hazel brown colour,  
With a spark long gone.

However,  
Professionals didn't hear you pleading for help,  
And instead reassured you  
That you were "doing so well."

Little did they understand that you were in fact,  
Not doing well at all.

I found out your mental health won its battle on the  
29th November 2023,  
And since then,  
My life has never been the same.

But I blame the professionals,  
Never you,  
We had a bond like no other,  
A bond no-one could break.

So I guess this goodbye for now.

Rest easy dear Matthew.

## **Home and love**

They say a home is a place of love and safety,  
But since losing you,  
My home became a house,  
Love turned into memories,  
Safety turned into anxiety of worrying if someone  
else was to die also.

## **“Life goes on”**

Something a person told me after you died was:  
“Life goes on”  
And although that was meant to be comforting,  
It was the saddest part of my grieving journey.

The world may keep spinning,  
And i will keep accomplishing,  
But my life will never be the same.

## **Grieving the future**

I feel like this aspect of grief isn't spoken about,  
The firsts,  
The activities we'll never get to do,  
The man you'll never get to become.  
But you succumbed to your mental illness,  
So i guess i have to move forwards,  
Whilst grief is pulling me backwards.

**Your wings may have been  
ready, but my heart was not.**

Your wings may have been ready,  
But my heart was definitely not.

It's hard to believe that you are alone,  
Underground,  
In the dark and the quiet.

You hated the dark,  
Loved the quiet.

I guess the idea of you resting underground is a big  
juxtaposition.

## **Grief is like ...**

Grief is like waves of water,  
Flowing and ebbing in the same two directions,  
Peace and anger.

But when things get too overwhelming,  
All you do is learnt to follow the waves,  
Drifting,  
Swimming.

## **Emptiness**

Your absence makes the whole world seem ever so  
empty.

No amount of words can express the sadness  
within my soul.

The emptiness within.

## **Memories**

Remember this one thing whenever you're feeling  
like the whole world is collapsing:  
Memories will forever live within you,  
Not within external surroundings.

You will never lose hold of the memories that you  
hold near and dear to your heart.



## **The front row**

Sitting at the front row of a funeral will shift your  
whole perspective on life.

It'll make you feel your emotions deeper,  
Make you sleep more to escape the reality that they  
are no longer with you.

But walk out of that funeral with a smile looking  
upwards,  
Towards the sky,  
As the love you both shared,  
Echoed through your lives.

## Young grief

I feel like it's not talked about enough,  
Losing a parent as a child.

It's a different type of pain,  
A different cycle of grief.

Eleven years later  
And i'm still that 8 year old girl,  
Staring at the door,  
Waiting for your return.

## **Time hasn't healed my grief**

Time may heal all wounds,  
But it'll never heal grief.

You have to learn to live with the wound,  
Expecting it to reopen  
Time to time.

Grieving is forever with no indefinite time limit,  
We must learn how to turn our grief into something  
good,  
Something that makes us more true to ourselves  
And teaches us how to take each day as it comes  
And never to take advantage of the time we have  
on this planet.

## **Limited time**

I can hold you in a picture frame,  
But it's not the same  
as physical touch,

But I should be grateful for having you in my life,  
No matter the time we had,  
I remember the moments we shared.

## **Guilt**

I wish I had expressed the love I had for you more  
than I did.

I wish i hadn't taken your presence for granted,  
But I did.

I'm sorry for letting you down,  
I know I did.

## **When you left this world**

When you left this world,  
I felt a part of me go with you.

But I also feel that:  
You left part of yourself on earth  
For me to discover.

When you left this world  
I went through your pictures,  
Absorbed your face,  
As well as you facial features,  
Hoping to never forget.

When you left this world,  
I tried to find you in everything I did.

It brings me peace to know that:  
As long as you remember you,  
Your memory will live on forevermore.

## **Your presence**

Your presence may be lost,  
But we hold onto our love for you  
And keep your memory alive,  
So a part of you is always beside us,  
As we walk the earth.

## **Isolation**

In the silent embrace of sorrow:  
We find the strength to remember,  
We find the strength to fight for a life  
That you wanted for us.

So if you're experiencing grief,  
And struggling to cope,  
Just know you're not alone.



## **Scars**

Grief carves scars into our hearts,  
yet those scars form the map  
of our cherished past.

So in the depths of grief,  
Remember that your love was savoured by your  
loved one.

And that will never be forgotten.

## **Grieving the future**

When you lose someone young,  
You don't just grieve the present and the past,

You grieve the future they could've had  
You grieve memories you could've shared

Grief isn't just about reminiscing,  
It's about feeling sorrow that they won't be here  
tomorrow  
To live their life  
To fulfil their dreams

## **Bitter sweet**

I feel bitter sweet when I see people spending time  
with their parents,

Bitter because you are the same age,  
If not older,  
And have a hold a family that you can hold.

But I also feel a sense of happiness and comfort,  
That at least someone is experiencing the joy my  
heart never got to feel.

## **Lost**

Words cannot express how lost I feel without you,  
The lack of guidance I possess.  
Direction is messy and twisted,  
Yet I'm forced to navigate this life without you,  
Hoping to find you in the next.

## **A missing piece**

This is probably the simplest way to describe my  
heart as I long for you to return.

Only to be met with silence,  
To feel an ache in my soul,  
A missing piece within my heart.

People can try to fill the missing piece,  
But the truth is  
That the missing piece is exactly the size of our  
love we shared.

## **Lost part**

A part of me died with you that day,  
For you death has eternally,  
Altered my soul  
And caused me to lose  
A part of myself  
That I never knew I possessed.

## **Jealousy**

A part of grief not discussed as much,  
Is jealousy.

I was eight when my father died,  
But ever since then I have had to hide that I wish  
for my dad to still be here,

As you are spending quality time with you dad,  
I am left feeling bad,  
Sat alone,  
In the back of the room.

## **Shock**

My heart skipped a beat after hearing the news  
Of your passing,  
I mean,  
How do you react to such information,  
And keep your cool?



## **Anxiety**

An emotion not spoken about enough regarding  
grief:  
Is anxiety.

The fear that you will lose someone,  
Over and over again.

The fear to leave a loved one's home,  
Fearing that'll be the last time you see them  
alive.

## **Apathy**

Since I lost you,  
I lost myself too.

I lost interest in the tasks I loved,  
For missing you  
Took over my brain,  
Injured my soul.

## **Blame**

They say when you have someone to blame,  
The weight of grief gets lighter.

However, that's a lie,  
You can blame anyone and everyone,  
But, it won't change the fact,  
They're gone forever.

So live the life they couldn't,  
And accomplish the things they can't  
And make them smile and proud.

## Despair

I should've called more often,  
Should've hugged you that day,  
I should have treasured all those memories  
You and I  
Once shared.

Losing you was hard,  
I thought we would've had more time.

I never realised though,  
That the world would continue turning,  
And I would be forced to continue on as normal.

Even though,  
I am full of grief,  
Anger  
And despair.

## **Not known you long enough**

The hardest fact I've ever had to accept

Is:

Now I have to remember you,

Longer than I've known you.

## **Remembrance**

Remembering you is easy,  
I do it every day,  
But missing you is pain  
That never goes away.

## Pieces of You

In every room, I see pieces of you,  
A chair you once loved,  
A beer you never finished.  
They stay the way you left them.

To tell the story of the life you left behind,  
Fragments of a story cut short.

## The Weight of Absence

Your absence is a weight I carry,  
A heavy stone in the pit of my chest.  
It pulls me down,  
Yet I grin and bear it,  
Because it is the last piece of you I have  
Which selfishly,  
I'll never share.



## **Unfinished Conversations**

There are words I never got to say,  
Questions that will remain unanswered.  
Our conversations now live only in my mind,  
That can only converse with a ghost,  
Echoes of what once was.

## **Shadows of Yesterday**

Yesterday, you were here,  
Today, you are a shadow,  
A fleeting memory that slips through my fingers.  
I reach out to grasp it,  
But it dissolves into the air,  
Your favourite chair,  
You're no longer sitting there.

## **The Quietness of Grief**

Grief is a quiet friend,  
It doesn't shout,  
nor scream.

Grief whispers in the dead of night,  
When the world is asleep and I am alone,  
Reminding me of what I've lost.

## **A Different Tomorrow**

Tomorrow will come, as it always does,  
But it will be a different kind of day,  
One where the sun doesn't shine as bright,  
And the joy doesn't feel as sweet,  
Because you are not here to share it with me.

## **The Ache of Memory**

Memory is both a blessing and a curse,  
It brings you back to me,  
But it also reminds me of the distance between us.  
I cherish every moment we shared,  
Even as it stings with the knowledge of what can  
never be again.

## The Language of Loss

Grief has its own language,  
One of tears and sighs,  
Of quiet moments and whispered prayers.  
It is a language I never wanted to learn,  
But now, it is the only way I know how to speak.

## **Forever Changed**

Your death changed me in ways I never imagined,  
It reshaped my world, redefined my sense of self.

I am not who I was before you left,  
I am someone who knows the depth of loss,  
The weight of sorrow.

## **Holding On, Letting Go**

I hold onto you with one hand,  
Even as the other lets you go.  
It is a delicate balance,  
A tightrope I walk every day,  
Between the past and the present, the known and  
the unknown.



## **In the Silence**

In the silence, I hear your voice,  
A faint whisper, a distant echo.  
It is a comfort and a torment,  
To hear you so clearly in my mind,  
Yet know that you are gone.

## **The Last Goodbye**

Our last goodbye was too brief,  
A moment that passed too quickly.  
I wish I had known it was the last,  
I would have held you a little longer,  
Said all the things I never got to say.

## **The Tides of Grief**

Grief comes in waves,  
Sometimes crashing, sometimes gentle.  
But it is always there,  
A tide  
Forever changing.

## **The space between**

The space where you once stood,  
is now an empty void.  
It's a gap in my life,  
An emptiness in my heart, Where love once  
flourished,  
Now only sorrow grows.

## **The Weight of Goodbye**

The heaviest word I've ever said,  
Was goodbye.  
It weighed down my soul,  
Pulled me into a darkness,  
That I never wanted to face.

But now I must carry it with me,  
always.

## **Whispers of Yesterday**

Yesterday, you were here, Your laughter filled the  
room.

Now, it's just a whisper,  
A ghost of what was,  
Haunting the corners of my mind,  
Reminding me of what I've lost.

## **Shattered Pieces**

My heart is shattered,  
Broken by your absence.  
Each piece holds a memory,  
A moment we shared,  
But no matter how I try,  
I can't put them back together, The way they were  
before.

## **The Quiet Ache**

Grief doesn't shout,  
It whispers in the quiet,  
An ache that never leaves,  
A numbness that becomes part of you.  
It's the weight of love,  
Carried in the absence of the ones you lost.



## **Beyond the Veil**

You've crossed beyond the veil, Into a place I can't  
reach.

But I still feel you here,  
In the air I breathe,  
In the sun's warm rays.

In the shadows that dance at dusk.

## **A Heart Left Behind**

When you left, you took a piece of me,  
A part of my heart that was yours alone.

Now, I'm left with an emptiness,  
A space that can never be filled  
No matter how much time passes.

## **Silent Goodbyes**

I never got to say goodbye,  
Not the way I wanted.

It was too quick,  
too sudden.

Leaving me with words unspoken  
And a heart full of regrets.

## **In the Rain**

The rain falls softly,  
Like the tears I've shed for you.

It's a lullaby,  
Yet it reminds me of the storm,  
That rages in my heart, Since the day you left.

## **The Road Ahead**

The road ahead is long,  
And filled with shadows of our past.  
But I must keep walking,  
Even though you're not beside me,  
I'll carry your memory with me,  
As I take each step into the unknown.

## **Eternal love**

Though you are gone,  
Your love remains,  
A constant presence  
In my life.

It's the strength I draw upon,  
The light in my darkest days,  
A love that transcends,  
Even death's cold grip.

## **A Room Left Empty**

Your chair sits in the corner,  
Untouched, it gathers dust.  
A symbol of your absence,  
Of the love that once was trust.

## **The Last Embrace**

Our last embrace was fleeting,  
Too quick to comprehend.  
I wish I'd held you longer,  
Before the inevitable end.



## **Tears Unspoken**

There are tears I've never shed,  
Words I never said.  
But in the quiet of the night,  
I mourn the love that's dead.

## **The Space You Left**

The space you left behind,  
Is filled with silent cries.  
A void that can't be filled,  
No matter how time flies.

## **Fading Photographs**

Photographs are fading,  
But memories remain clear.  
Each smile captured in time,  
Brings both joy and a tear.

## **In the Quiet Hours**

In the quiet hours of the night,  
When the world is fast asleep,  
I lie awake and think of you,  
And silently, I weep.

## **The weight of losing you**

Memory is heavy,  
It burdens the soul.  
Yet it's all I have left,  
To keep me whole.

## **The Shadow of Your Smile**

I see your smile in shadows,  
A fleeting glimpse of grace.  
Though you are far away,  
I still feel your embrace.

As I close this chapter, I realise that grief is not a destination but a journey-one that winds through the valleys of sorrow and ascends the peaks of memory. It is a path I did not choose, but one I must walk, step by step, day by day.

In the shadows of loss, I have found fragments of light, glimmers of the love that remains even after the final goodbye. Each tear shed, each sigh of longing, is a testament to the depth of that love-a love that transcends time, distance, and even death.

Though the pain of your absence will forever echo in the chambers of my heart, I will carry you with me as I move forward. You are in the laughter that now feels bittersweet, in the quiet moments when I feel your presence close by. Your memory is the compass that guides me through the darkness, pointing me toward a future where, though altered by loss, I can still find hope, meaning, and, eventually, peace.

I am forever changed, forever marked by the love we shared and the grief that followed. But I know now that to grieve is to love. And so, I choose to carry both with me, honouring your life by living mindfully, with all its joy, pain, and endless possibilities.

To those who grieve:

May you find your own light in the darkness, your own peace in the storm. And may you always remember that in every tear, every ache, and every cherished memory, love endures.