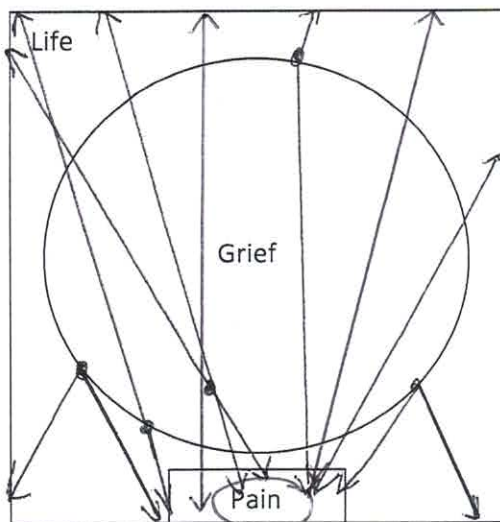


The theory (Lauren Hersche) goes that grief is like a ball in a box. The box has a pain button inside, and is triggered by the ball hitting it. Right after a loss, the ball is huge, and basically anything can trigger it to move around in the box and bump that pain button.

Eventually, though, the grief ball will shrink. And it will stop triggering the pain button so much.

But even though the ball gets smaller, it will always be there. And sometimes, it can even balloon back up, even after you think it's shrunk. It can also trigger the pain button when you're not expecting it to.

Initial Loss



Loss Over Time

