

Grief Audit: What You Actually Kept

Among other things, grief is a filter. It burns away the trivial, the superficial, and the “performance.” If you’re reading this, you’ve survived the fire. And maybe it’s time to stop looking at the ashes and start looking at the steel... the part of you that didn’t melt. You aren’t the same person you were before your loss; you’re the one who survived the wreck and had to decide what was worth salvaging for your next chapter.

Ask yourself what actually survived the wreckage:

Was it Your “Zero-Tolerance?”

Remember when you used to bend over backward to keep the peace? Look at who you are now. You’ve seen the worst, so the “small stuff” no longer triggers a panic attack. You’ve had to make yourself a priority and that may mean you don’t have time for low-effort people, fake friends, or anything that doesn’t serve a purpose. This isn’t bitterness; it’s finally having the eyes to see who and what is actually worth giving your energy to now. Understand that I’m not talking about cutting people out of your life or using the “f” word here the way most people think of it... I mean **forgiveness**. Forgiving yourself and others frees the heart of its burden and opens space for peace and growth. According to my mom, *“We have to forgive people, but it doesn’t mean we have to invite them to our next picnic.”*

What it What You Had to Do Alone?

Think about the quiet moments after everyone else left, or the long nights where it was just you and the silence. You had to learn how to keep the ship afloat... physically, financially, emotionally, logistically. You had to become your own chief strategist. You don’t need someone to validate your next move, because you’ve already survived the hardest ones on your own.

Was it The Freedom of "Not Performing?"

Think about all the things you once pretended to care about to keep everyone else happy. The shallow patterns, saying you were fine when you weren't, the social obligations, the need to fit into a mold that was clearly too small for you. You don't have to carry that weight anymore. Losing what you loved gave you the gift of seeing life for exactly what it is. And the freedom to stop performing? That's yours now.

The Reality:

You aren't just "getting by." You're carrying a depth of character that most people never have to develop. You survived the collapse, which means you're the only person who can truly decide what you're going to build next.

You're stronger than you know and wiser than you think.