

Grief by Stephanie J. DeMartino

We all grieve differently
Some grieve quietly
Solemn in their grief not wanting
To show their pain
While some are loud
Letting the pain out for all to see and then beginning
The long battle of healing
Some hold their grief in for so long
That eventually it eats at them
Causing them to misdirect it
In different ways unknowingly pointing
The pain of loss toward others not wanting of it or deserving
When instead they should be letting go and moving on

Grief is not a friend
For it makes one angry, sad, exhausted, and confused
Grief is an unwanted guest for it stays for a long, long, time
Seemingly never wanting to leave
Once in a while it will allow some peace but for only a brief time span
It would rather curl its black tentacles around and keep you in its grip
forever

And then one day you realize you're starting to feel a little better
As the seasons change so do we
In time we shall heal
You start to get back into your routine and realize grief is finally
Packing up to end its long overstayed visit
For it was a long process this visit from grief
Each day gets a little better
Keep on moving
Stay busy
One day, Grief is finally gone
Until the next time it is required to visit again
Stephanie J. DeMartino

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