

### ***Real Words for the Moments You Can't Explain***

*A caregiver's grief-language guide for when you don't have the words (or can't find them again).*

#### **Purpose**

To help caregivers (or those supporting them) speak truth without performance, spiritual bypassing, or emotional shutdown. This isn't about finding *perfect* words—just *real* ones.

#### **When You Feel Numb**

- "I don't feel anything right now, and that scares me."
- "I know I love them—I just can't access it right now."
- "I'm here, but I'm not okay."

#### **When You Don't Want to Talk**

- "I don't have the energy to talk about it, but I want you to know it's heavy."
- "Can we just sit together?"
- "I'm processing, not avoiding. Please give me space without asking questions."

#### **When People Say the Wrong Thing**

- "I know you're trying to help, but that landed hard. Please give me space."
- "I'd rather just be with you than be comforted right now."
- "I don't want to put a silver lining on it."

#### **When You Want to Speak—but Can't Finish the Sentence**

- "I don't know how to say this, but I need to try."
- "Please don't try to fix this. Just listen."
- "This feels impossible to explain. Just being here means something."

#### **When Talking to God**

- "God, I don't have the words—but I'm here."
- "Help me trust you with the pieces I can't carry today."
- "You know what's inside me, even when I don't know how to pray it."

### **Grief Isolates - Healing Connects**