

# What is grief, really?

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=2JD8RMM8TNG](https://www.youtube.com/watch?v=2Jd8RMM8TNg)  
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## SUMMARY

*Grief is described as a form of love and a response to unwanted change, encompassing various life experiences beyond death. The speaker emphasizes the importance of acknowledging grief in its many forms, particularly for parents who struggle with their children's pain and the instinct to fix it.*

- *Grief is a manifestation of love and a reaction to change we didn't desire.*
- *It can arise from various situations, including divorce, moving, or unmet expectations.*
- *Simple experiences, like a closed ice cream shop, can evoke feelings of grief.*
- *Parents often feel compelled to alleviate their children's pain but may struggle with the reality that grief cannot be fixed.*
- *Grief involves feelings that need to be experienced rather than resolved.*
- *Acknowledging grief as a natural part of life can help in processing emotions.*

Especially when we're talking about death, grief is love. It's another form of love. And the second definition is grief is a change we didn't want. So, that could be the divorce, it could be moving, that could be someone not being the person we thought they would be, all those things. The simplicity of those words, it's so interesting. One of the things [music] I share with parents a lot in very minor scenarios compared to death. You show up to the ice cream place and it's closed or, you know, you thought you had soccer practice and it started an hour earlier, right? The simple language of you didn't want this to happen it is both so simple and so profound and how the whole essence of my experience is actually that. I didn't want that to happen and that's a really painful experience when we have things in various degrees that we didn't want to happen. And I think the hardest thing for parents is we [music] don't want them to have this pain they're having. We try to fix and make it okay and we can't [music] because grief is not being broken. Grief is these feelings that happen to us that there's it's feelings to be with not to fix and, uh, you know, that throws us all for a loop.