

# GROWTH AROUND GRIEF

People tend to believe that grief shrinks over time



What really happens is that we grow around our grief



This image shows the concept of "Growing around grief" by Dr. Lois Tonkin. The mason jar imagery captures the space that exists in our lives to be filled alongside grief.

Tonkin's concept of grief suggests that over time your grief will stay much the same, but your life will begin to grow around it.

The concept of growing around grief acknowledges that grief doesn't disappear or lessen with time, we simply learn to fill our jar (our life) with so much more. Honoring what we have lost by creating space to experience a fulfilling life. You don't need to let go of what's been lost, but allow yourself room to grow around your grief. You will always carry the grief with you, the jar will simply get bigger.

# Grief And Growth

**Mark Steyvers**



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