



Naming the loss, and meeting it

A loss cannot be won or proven closed. It settles by being met.

BEFORE THE WORK, STEADY THE BODY

Grief cannot be met while your system is in alarm. If fear is firing, or anger is still hot, the grief cannot come through, because a body braced for threat cannot soften enough to feel what is underneath. This is why people so often stay in the anger: it is more bearable than the grief below it, and it keeps the grief at bay. So before you turn toward a loss, bring the body down first, until the alarm eases. Only then is there room. Reaching for the grief while still braced is like trying to open your hand while making a fist.

1. What is the loss, said plainly? Not the injury, not who is to blame. The thing that is gone. For example: "I lost the family I thought we would be." "I lost years I can't get back." "I lost being believed."

2. Have I been trying to win this loss instead of grieve it? How? Building a case, waiting to be vindicated, going over the proof?

3. Which way of sealing it fits this loss right now? Write it, record what I gave, draw the boundary, tell someone, or bring in a practitioner?

4. One way I will let this be met this week, by someone else or by myself, gently.



The expired injury: when the one who hurt you is the one helping you now

THE IDEA THIS PAGE RESTS ON

An injury settles when the energy moves out and the boundary is restored. A childhood boundary cannot be restored backward, and a boundary that would cost you help you depend on cannot be enforced forward. An injury that cannot complete in either direction has expired into a loss. It is grieved, not fought, and the new boundary is drawn inside you.

1. The help I am receiving, or my children are receiving, and who it comes from.

2. The old injury, said plainly. What line was crossed, and when?

3. The two tests. Can the boundary be restored backward? Could I enforce it today without losing the help? If both answers are no, this injury has expired into a loss.

4. What was actually lost? The childhood where the line was kept, the parent who should have kept it, the version of now where the help comes clean. Name yours.

5. The inside boundary. What is accepting the help allowed to mean, and what does it not mean? For example: taking it is not a verdict that it never happened, not forgiveness, not permission.

6. My containers. Which topics stay closed, how long a visit runs, what I no longer explain.

Build your support bench

Support in a divorce rarely fails because people don't care. It fails on matching. This sheet is for re-deploying the bench you already have, not recruiting a bigger one.

Know the types

Type	Brilliant at	Protect them from
The steady one	Sitting with you mid-flood. Calm, few words, no fixing.	Being asked for strategy.
The fierce ally	Believing you, the day you doubt what happened.	Becoming your every-evening companion. She keeps the anger lit.
The fixer	Forms, finances, decisions, plans.	Your feelings. Advice mid-grief lands as pressure.
The quiet doer	Handling things without being asked, no commentary.	Being taken for granted. Thank her specifically.
The thinker	Helping you understand, after the wave has passed.	The wave itself. Analysis is not company.
The curious one	Asking, not telling. Helping you find your own words.	The flood, when even kind questions are work.
The been-there friend	Hope with a face on it. Proof there is an after.	Assuming your divorce is her divorce.
The playful one	Dragging you out, waking you up, making you laugh.	Being your only support. Fun is medicine, not treatment.
The cheerleader	Fuelling you at the Rebuild, when you want things again.	Unfinished grief. Early positivity invalidates.

Map your bench

[illegible]

The re-deployment

1. Who have I been asking for comfort who keeps giving me advice?

2. Who have I been asking for advice who only knows how to comfort?

3. What will I ask each of them for instead, starting this week?

4. Which seats on my bench are empty? Steady, fierce (small doses), fixer, quiet doer, thinker, curious, been-there, playful, cheerleader. An empty steady seat matters most. If nobody can sit with you mid-flood without fixing, that is the gap to fill first, and it is a fair thing to ask a counsellor or a support group to be.

THE TWO SENTENCES

The asking sentence: "I don't need solutions right now, I need company." The redirecting sentence: "I know you want to help. The way to help me today is this." Keep both on your phone. Use them without apology. Nobody on your bench is bad. Some are just mis-deployed.

BEING THE BENCH, FOR YOUR CHILDREN

Your children need the same matching from you. Mid-meltdown, they need your steady one: presence before solutions, calm before correction. Questions and explanations belong after the storm, not during. And never lean your own weight on them; they are in the same water. If you remember one line: thank you for telling me.