



we all have a
GRIEF SECRET

People know grief is devastating, that it can be lonely and isolating. What people don't know is that grief is sometimes filled with secrets.

What's a grief secret?

It's a secret often attached to a complicated grief feeling, like guilt, embarrassment, shame, fear, confusion, anger, hurt, relief, or many others. They range from things we said, things we did, things we thought, things we felt, to things we never said, things we never did, things we never thought, things we never felt.

**We invite you to join the
grief secret project.**

Use the front of this card to
anonymously share your grief secret.

postage
required

What's Your Grief
3600 Roland Ave
3rd Floor
Baltimore, MD 21211

#griefsecret

www.whatsyourgrief.com