

# Grief Roller Coaster

a metaphor for grief

Grief is a journey through emotions that can change from day to day, or even moment to moment. These twists and turns often feel unsettling—a lot like being on a roller coaster.

Grief upends our lives and makes us feel disoriented and directionless. Frequent setbacks and a sense of being lost are common.

But like being on a roller coaster, grief is workable if we stop trying to control the experience and surrender to the ride. With time, we eventually get to a better place.

