Growing around grief



The idea of growing around grief acknowledges that grief does not always disappear with time. It also shows that despite grief not going away, this does not mean you will always feel as bad as you do right now, because your life will grow around the grief.

For many bereaved people, the idea of moving on or forgetting is one of the most problematic parts of grieving. Tonkin’s model suggests that it is okay for grief to always be part of your life.

However, you should bear in mind that this is only a theory of how grief works. There are many other [models of grief](https://www.funeralguide.co.uk/help-resources/bereavement-support/the-grieving-process) which may more accurately represent how someone experiences grief.

**Everyone is unique in how they react to the death of a loved one and none of these models represent the ‘right’ way to grieve.**