

The Invisible Grief

By Corey's Coaching Corner

Not all grief comes from death.

Sometimes grief comes from becoming someone you never expected to be.

This space is for the invisible emotions people often carry after:

- trauma
- diagnosis
- brain injury
- chronic illness
- disability
- loss
- mental health struggles
- major life changes

You do not need to explain yourself perfectly here.

Just be honest.

Reflection Prompts

What is something people don't understand about your struggle?

What emotion do you hide from most people?

What part of your grief feels invisible to others?

What changed inside you after everything happened?

Have you ever felt alone even while surrounded by people?

What do you wish people understood about emotional pain?

What has survival actually looked like for you?

Closing Reflection

Some wounds do not leave visible scars.
Some battles happen entirely inside the mind, body, and heart.

Just because people cannot see your pain
does not mean your pain is not real.

You are not weak for carrying invisible grief.

“You are more than your diagnosis.”

— Corey Furnival