



# The Grief Framework: Navigating the Winds of Change

INSIGHTS FROM POETRICITY LIVE

*Rarely can things remain the same when the winds of change blow.*

This deck explores the intersection of emotional intelligence, coaching frameworks, and poetry to better understand the human response to loss. It invites you to view grief not as a tragedy, but as a natural response to the inevitable changes of life.

**Grief is not just  
“someone died.”**

The amount of grief we experience is directly connected to the love or attachment we had to the object of that loss.

But we must broaden the definition.

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**Grief is the  
internal  
response to  
any significant  
change.**

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**Old Perspective**  
Grief = Death / Finality.



**New Perspective**  
Grief = Processing Change /  
Response to the “no longer same”.

**If grief is processing change, then who doesn't experience it?**

# A Map for the Territory

To navigate this landscape, we  
use the G.R.I.E.F. framework  
as our compass.



*Based on the Poetricity Framework by  
Franklin, inspired by Kim Morgan.*

# The Illusion of Control

**G** - Grief is a response to Change

Rarely can things remain the same when the winds of change blows, ruffling all that's somewhat loose, leaving all that's sure to abide. Oh, that shifting sifting wind of change.”

— *Winds of Change*



## Shifting and Sifting

Change is inevitable and often invisible—like the wind—until it hits. We cannot control the wind, but we can understand its function: to test what is grounded and sift what is loose.

# The Sifting Process



## Expected Change

Like a long illness allowing for preparation. The sifting happens slowly, allowing us to process the separation of 'what was' and 'what is' over time.

## Unexpected Change

Like a sudden accident or a 'silent wind.' The sifting is violent and immediate. The intensity of the grief spike is often higher because the preparation time was zero.

# Nature Recycles Everything

## R - Recognize the Process

“All of nature is in a cycle of life, death and rebirth...  
So ripe is a stop on the way to decay.”

— *Ripe*



Grief is natural, not an anomaly. Just as fruit ripens and decays to feed the soil, our emotional responses are part of a biological cycle. We human beings often have a different expectation of **permanence**, but nature teaches us that decay is necessary for rebirth.

# Energy in Motion

**Emotion**  
=  
**Energy in Motion**

The body is designed to process and release energy. If you stifle the expression of grief, the energy bounces around internally, creating "Delayed Grief."

## The Danger of Stifling

A woman was assaulted on her way to work. She went home, showered, and returned to work immediately, refusing to give the event power.

Two weeks later, she began screaming uncontrollably in the canteen. The body demanded the release she had denied it.

**"The more you stifle it,  
the longer it takes."**

# The Paradox of the Seed

## I - Integrate Wisdom

You can't multiply  
if you don't first die.  
Fear of death stifles  
the ability to live.

— *Life and Death*



Death is the doorway to life. In nature, nothing is wasted. The seed must “die”—end its existence as a seed—to become a tree. We must integrate the wisdom of the loss to multiply our own capacity for life.

# Your Grief Has a Unique Fingerprint

“I know it’s right for me, even if it hurts.” –  
*Grief* in Cormorant Garamond

## The Expression Spectrum

Grief expression is subjective. Some wail at the funeral; others sit in silence for fear of “looking ugly” while crying. Neither is wrong. Both are processing pain.



## The Science of Connection

Mirror Neurons: We are biologically wired to feel others’ pain. This makes grief a communal, contagious experience.

“Rejoice with those who rejoice, weep with those who weep.”

# The Resistance to Becoming

## E - Embrace New Identity

Hanging on for dear life to  
what appears to be blocking  
the very passageway for  
what you could become.

— *Becoming*

Brain

**Safety**

Prefers the  
"Known  
Dysfunctional."  
Resistance is the  
brain trying to keep  
you safe in the  
past.

Soul

**Growth**

Seeks the  
"Unknown  
Potential."  
Requires stepping  
into the new.

The Gap of  
Grief

# Who Am I Now?

## Cormorant Garamond

### The Light Bill Metaphor

Consider a partner who dies, having handled all practicalities like bills for decades. The survivor isn't just grieving the person; they are grieving the loss of their own identity as a "cared-for person." They are forced to develop muscles they never knew they had.



### The Phoenix / Eagle Process

Like the eagle that must pluck out its old feathers and beat its dulled beak against a rock to allow new growth, we must endure the painful shedding of the old self for the stronger version to emerge.

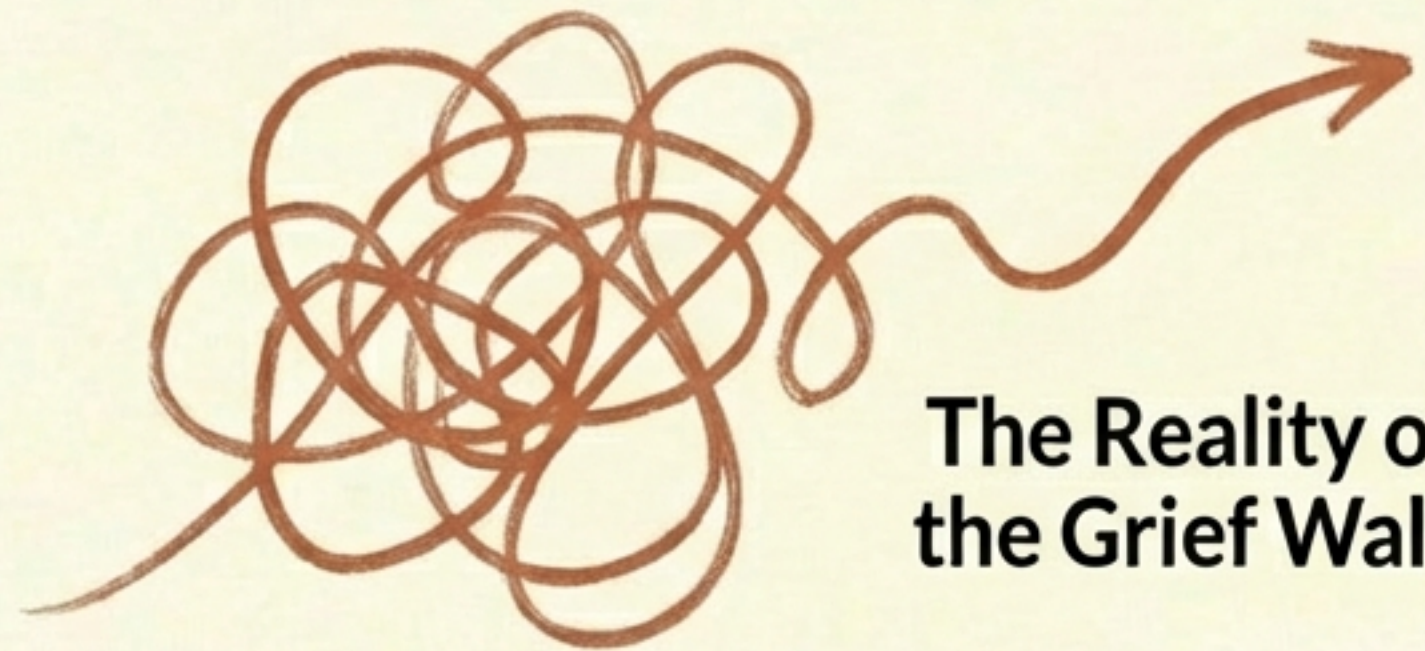
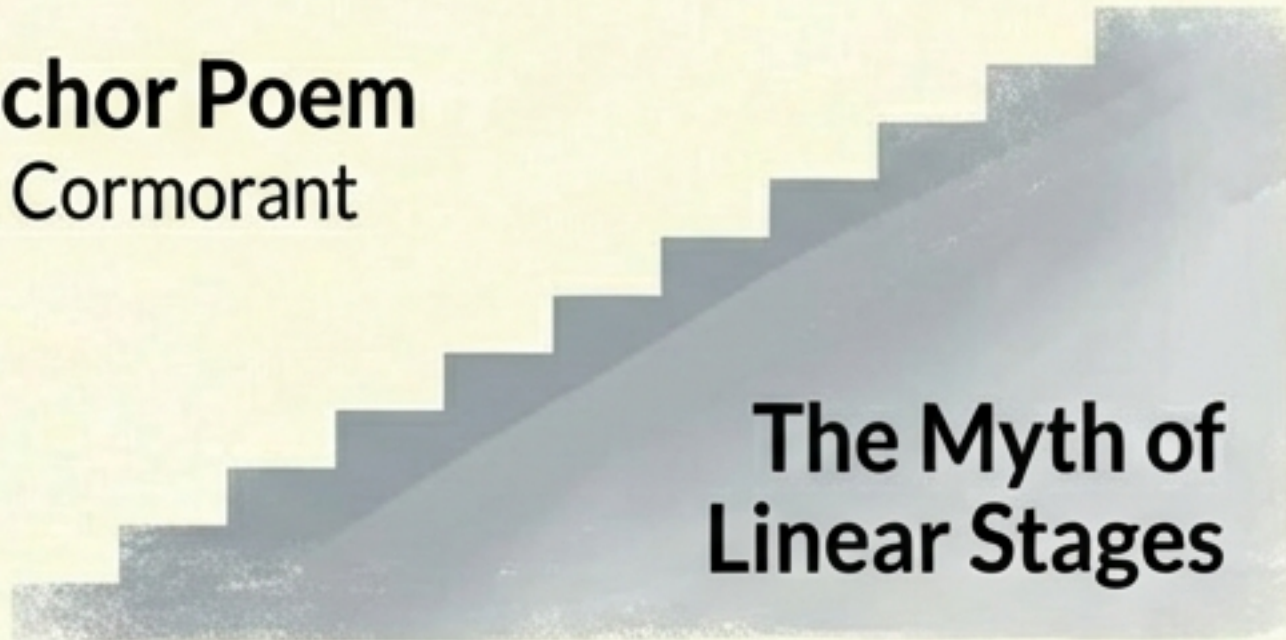
**"The process of becoming is as important as the destination. – *Becoming***

# The Squiggly Path

F - Find Purpose

**“Grief rarely walks a straight line ... etching out its own squiggly path.” – *Grief Walk***

**Anchor Poem**  
in *Cormorant*



Grief defies ‘senseless hierarchy’ or ‘time boxes.’ You cannot schedule it. It demands to be heard and seen on its own timeline.

# Legacy and Connection

Cormorant Garamond

## The Caribbean Shop Owner:

A man known for his “tailor-made” food passed away just as he planned to retire. The grief felt by the community wasn’t just about the food, but the care he put into it.

## Transforming Pain into Purpose



### Reflection:

How did that person make me feel?



### Action:

How can I show up in the world to make others feel that way?



### Result:

We carry them forward not by holding onto their physical presence, but by emulating their impact.



# Death is the Doorway to Life

in Cormorant Garamond

**Winter**  
“**Change** is the wind  
that sifts us.” in Lato



**Spring**  
**Grief** is the process  
that ripens us.

**Autumn**  
**Purpose** is the fruit  
that feeds the future.

**Summer**  
**Identity** is the seed  
that breaks open.

“They buried me, not knowing I was a seed.”



# The Journey Continues

Cormorant Garamond

Grief is not a problem to be solved,  
but a transition to be navigated.

Join the ongoing dialogue at **Poetricity**.  
Where coaching meets the spark of insight.