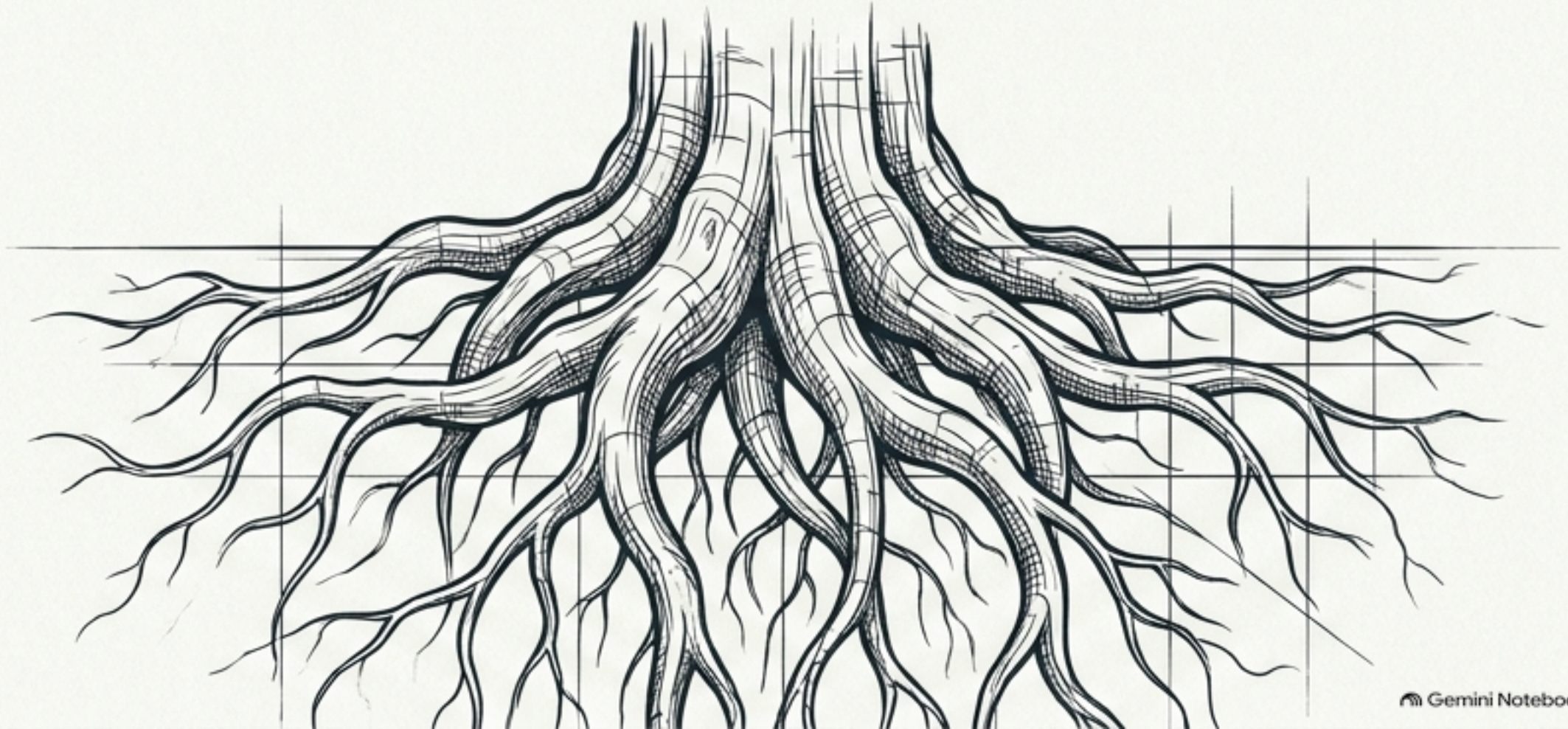
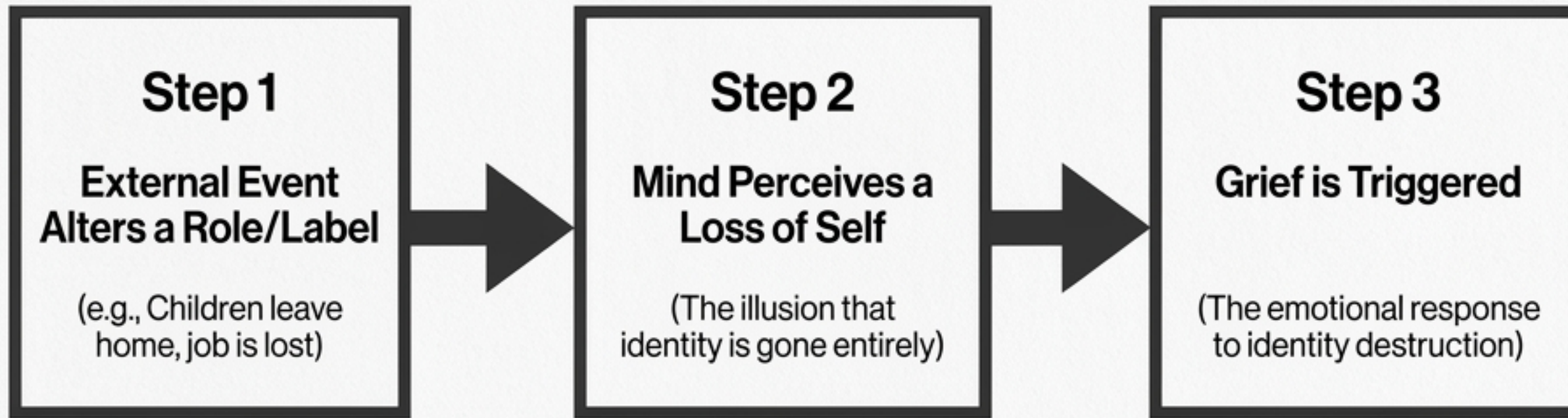


Navigating Grief Gracefully

Embracing a New Identity: Deconstructing the illusions of the self to find the unshakable core.





A grief-inducing event is anything that impacts your sense of identity. To process grief, we must reverse-engineer it: what part of your identity has been altered?

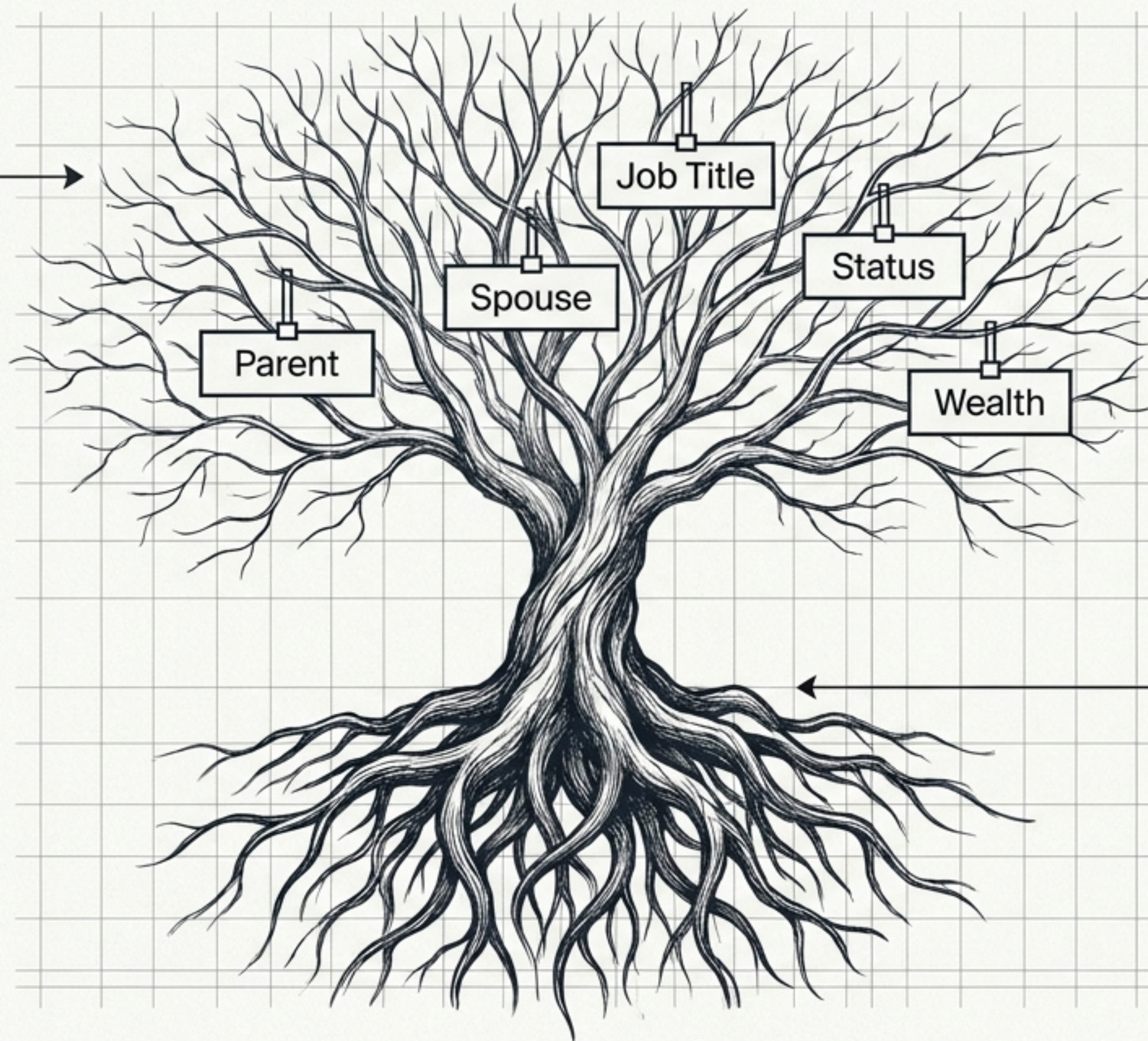
Entity identity, ID the entity...
Labels come in handy,
Pointing while trying to nail it,
but do you know me?
Do I know me?

Pillar I: The Anatomy of Identity.

We are a complex system of adopted masks and given labels—but they must hang on something fixed.

The Identity Tree

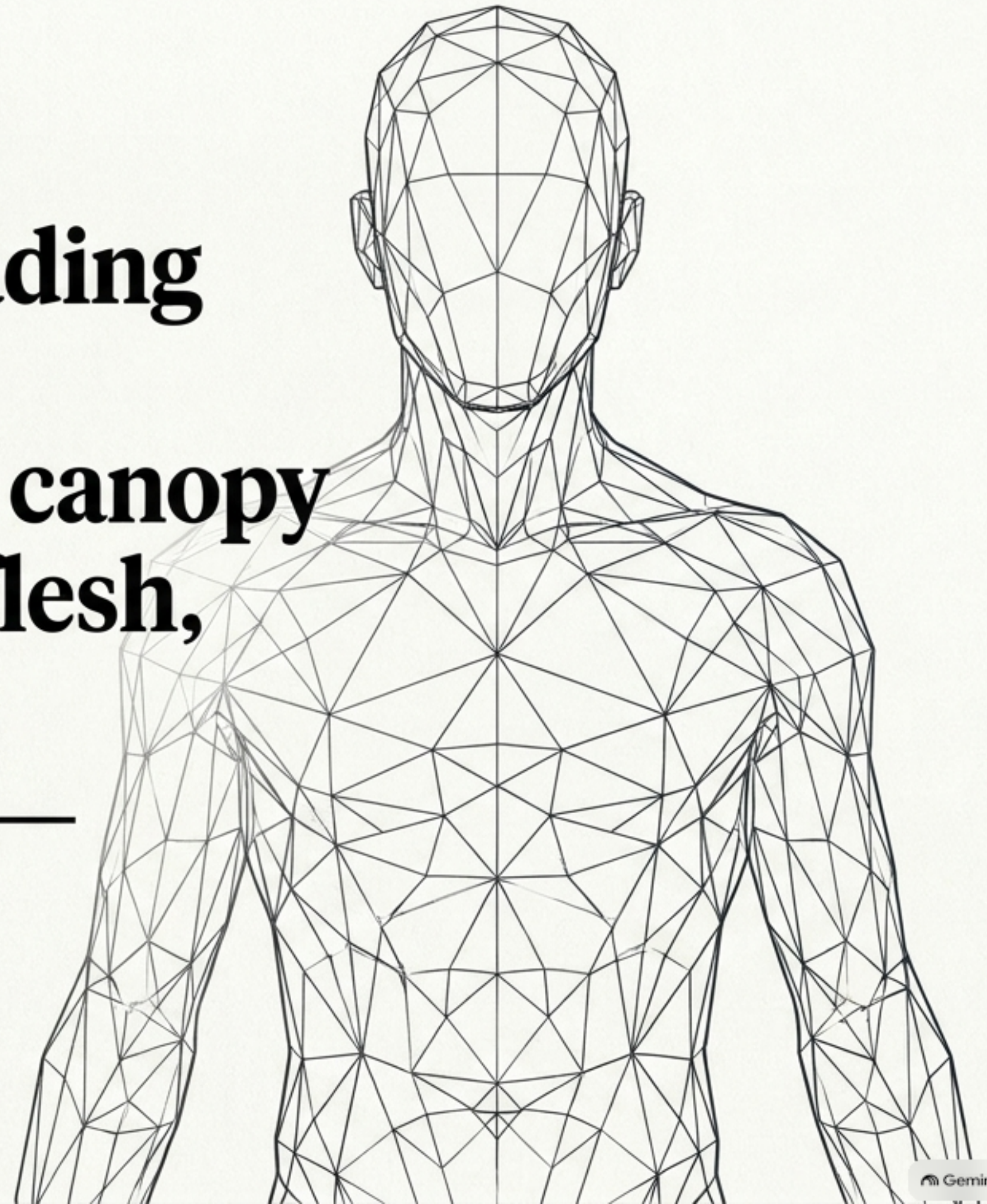
The Fluid Branches: Roles we adopt, masks we wear, labels others apply. Highly vulnerable to change and external collapse.



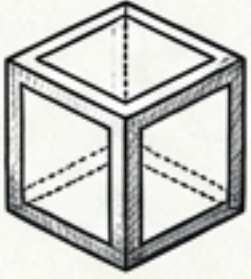
The Fixed Core: The unshakable core essence. The generic self that remains stable regardless of external events.

**Effigy of an entity parading
as a single self,
Masquerading under a canopy
made of bone-draped flesh,
Bearing many aliases,
a clever illusion at best—**

Pillar II: The Illusion of the Singular Self.



Unmasking the Effigy



The Projected Self (The Effigy)

- Shaped by social constructs, family systems, and cultural norms.
- Highly fragile; collapses when external conditions change.
- Demands energy to maintain the performance.



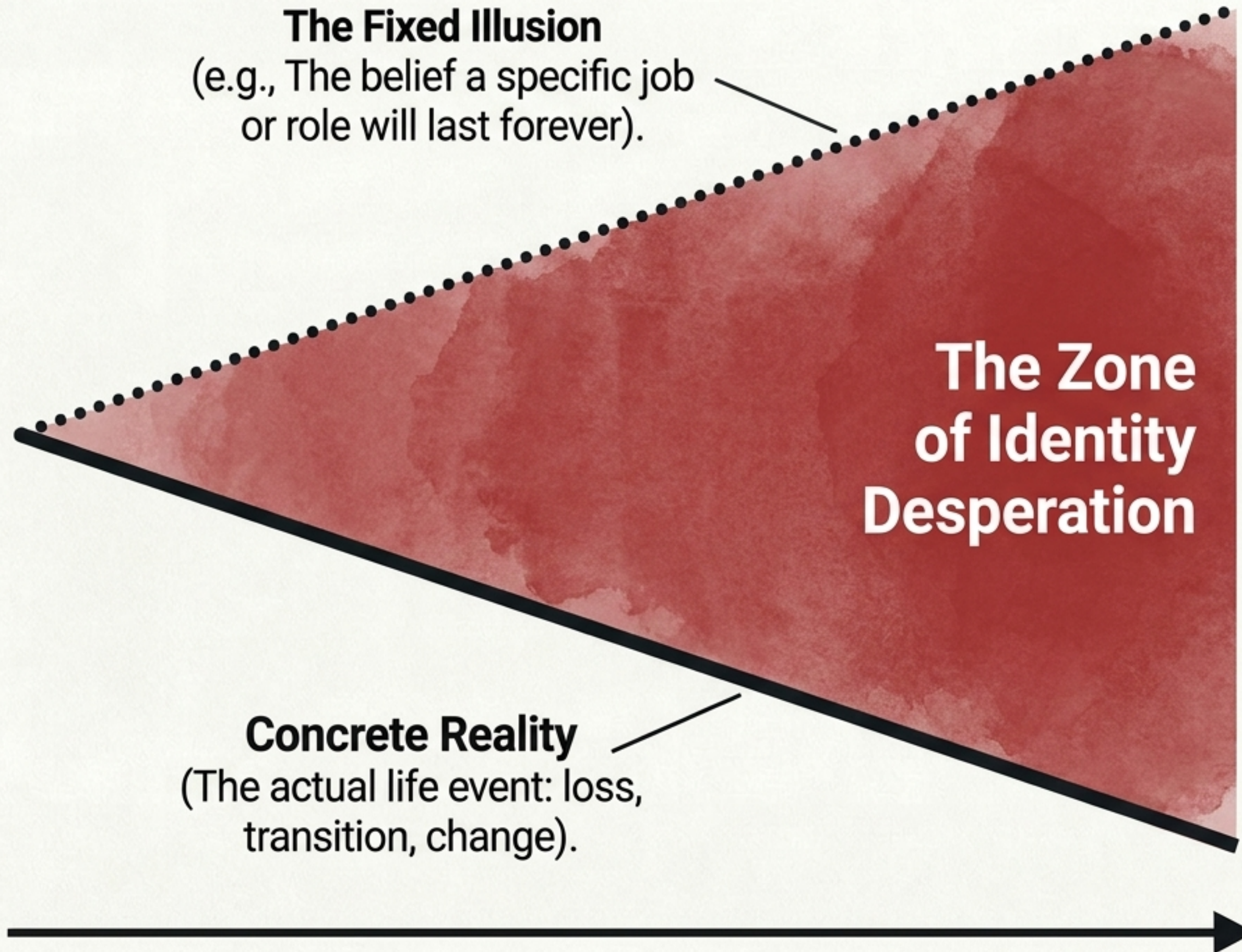
The Default Self (The Core)

- Who you generically are at 3:00 AM, in the best and worst of times.
- Remains totally intact through extreme loss.
- Requires zero energy to maintain.

Hold onto the external lightly, so the internal is protected completely.

It takes a lot of energy to maintain an illusion as reality. There is a lot of freedom in making peace with what is...
A necessary device in this persistent illusion in which we exist.

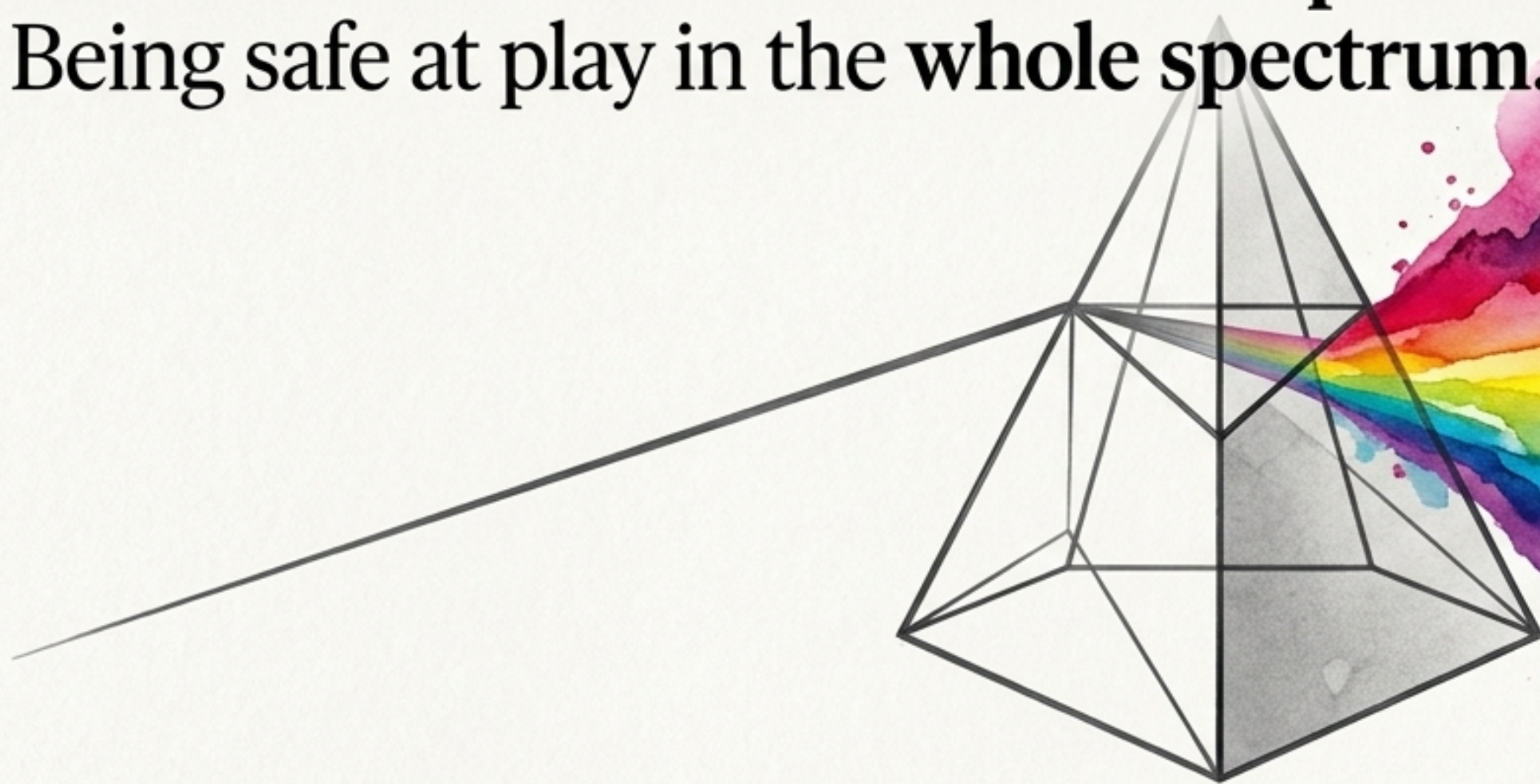
Pillar III: Overcoming Identity Desperation



Despair happens when a core identity feels impacted beyond recognition.

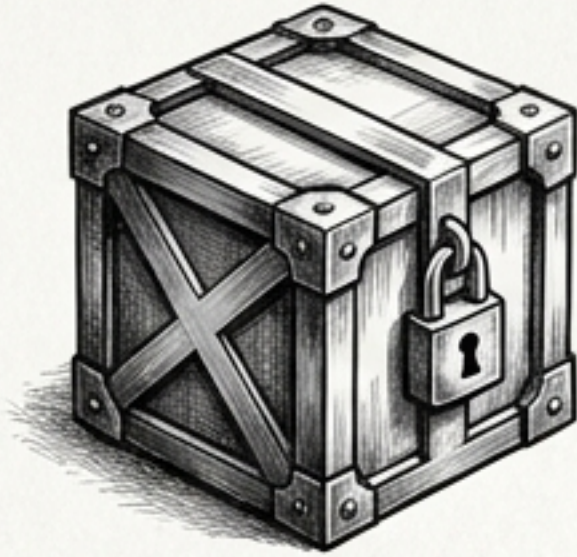
Healing does not require abandoning all illusions—but rather recognizing the gap between your constructed labels and concrete reality.

Life rarely shows up in **black and white**,
Having such an array of **rainbow colors** to choose from...
There lies the fun of the **human experience**—
Being safe at play in the **whole spectrum**.



Pillar IV: Expanding into the Spectrum.

The Paradigm of Play



Binary / Fight-or-Flight

The Trap: If I lose this role, I am a complete failure.

The Mechanism: The mind confuses an altered label for real physical danger and goes to war to protect a rigid identity.

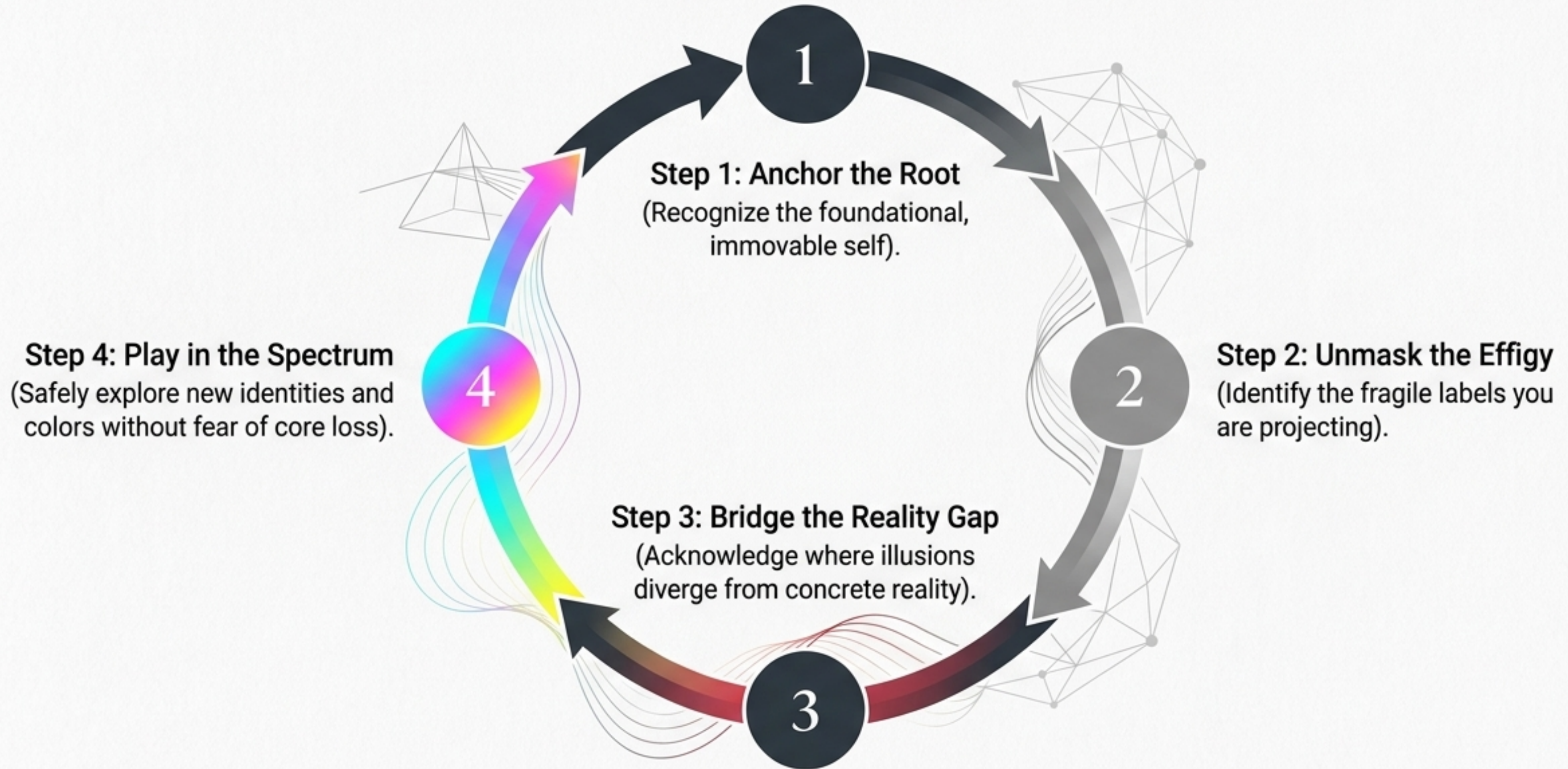


The Spectrum / Grounded Play

The Freedom: If I lose this role, I have an array of new shades to explore.

The Mechanism: Resting on an unshakable core, the mind feels safe to recalibrate and explore a full spectrum of new possibilities.

The Identity Resilience Framework



Reverse-Engineering Your Grief

01

The Root Check

What external 'branch' (a relationship, a job, a status) is my mind currently confusing for my unshakable core?

02

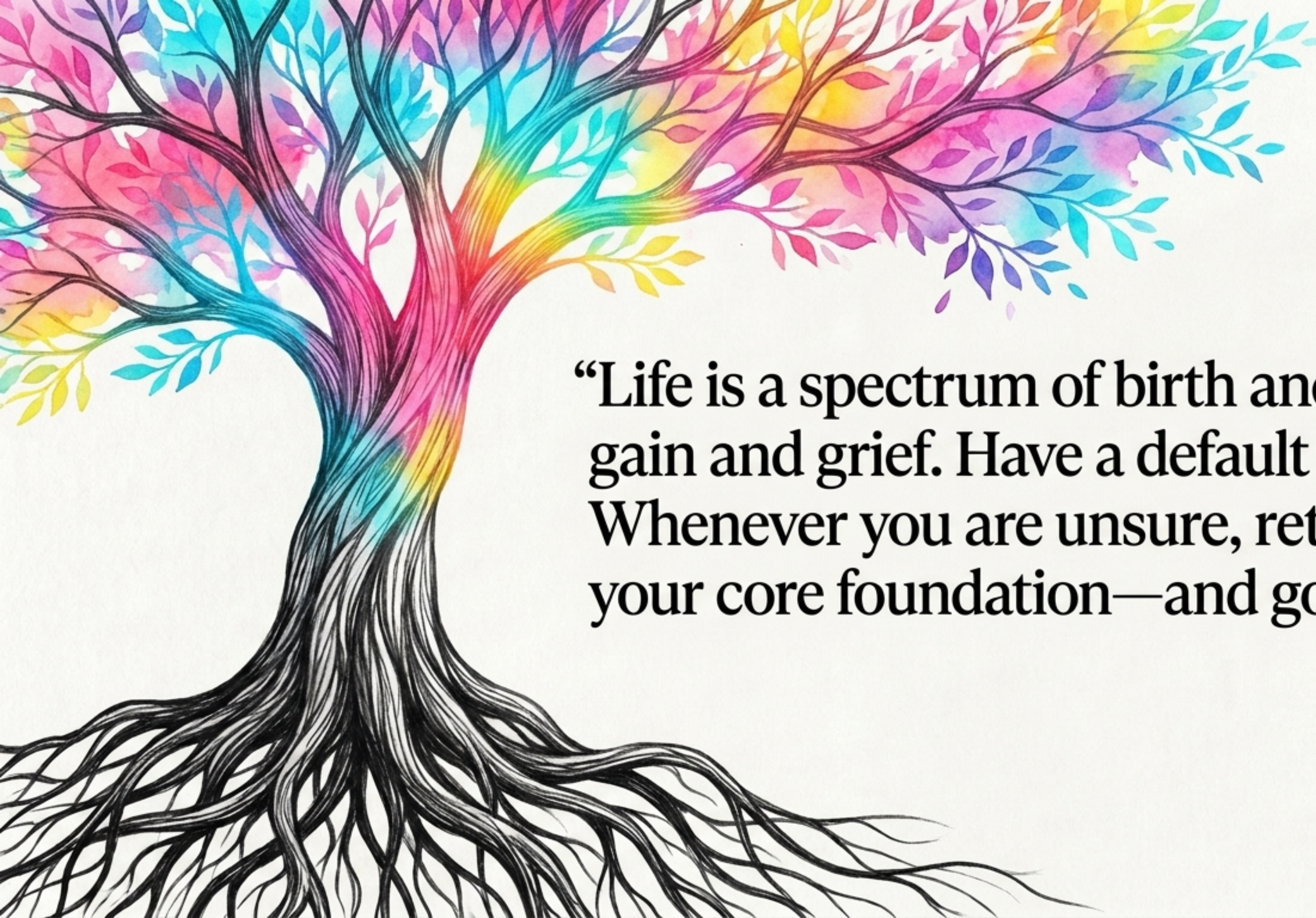
The Energy Audit

What public illusion or 'effigy' am I currently spending massive amounts of energy trying to maintain?

03

The Spectrum Pivot

With this specific role altered, what new shades of the spectrum are now safely available for me to explore?



“Life is a spectrum of birth and loss,
gain and grief. Have a default position.
Whenever you are unsure, return to
your core foundation—and go again.”

Sourced from the Poetricity Live Experience: Navigating Grief Gracefully (Part 9).

Featuring Frank, Claudette, and Ian.

