It Won't Ever Be the Same

A TEEN'S GUIDE TO GRIEF AND GRIEVING

Korie Leigh, Ph.D.

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Korie Leigh, Ph.D.
with contributions from teens

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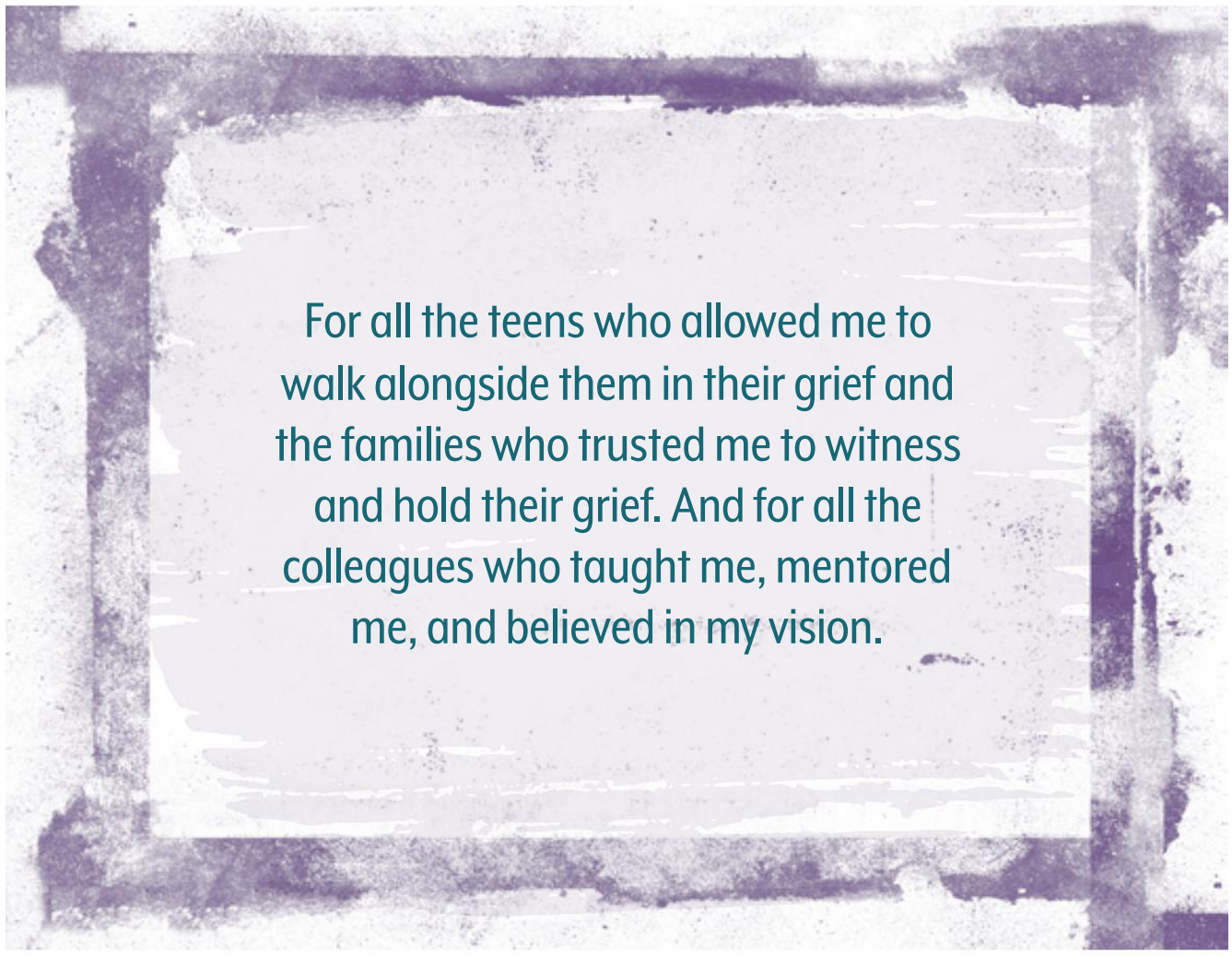
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For all the teens who allowed me to
walk alongside them in their grief and
the families who trusted me to witness
and hold their grief. And for all the
colleagues who taught me, mentored
me, and believed in my vision.

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Introduction

"It's like when you break something into a million pieces.
You know how you try to put it back together?
Even though most of the pieces are there,
there are just as many that are missing.
You'll never find them again.
You can sort of put it back together,
but it won't ever look the same."

These words were shared by a 13-year-old whose dad had died, in an attempt to explain the way grief felt to them.

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