



Helping Others With Grief in 2026

Top takeaways

- We live in a grief-illiterate culture where discomfort is treated like danger.
- Avoidance increases suffering.
- People are increasingly suffering from isolation. It's a loneliness epidemic.
- Connection heals more than time.
- We do not chase closure. We practice connection.
- Love and grief can co-exist.
- Showing up for others also supports your own healing.
- Be a villager. Presence over perfection.

Highlights

- Not all grief has trauma. All trauma has grief.
- No feeling is forever.
- Continuing to love them after death is loyalty, not betrayal.
- Our grief does not get smaller. We grow bigger around it.
- Grief and trauma pass through generations until someone is willing to feel them.
- What we run from pursues us. What we face transforms us.
- The mind would rather be guilty than helpless. Meet guilt gently.
- We cannot heal what we do not feel.
- The world needs people to step forward and to reach out a hand.

The Six Needs of the Grieving

1. Have your pain witnessed
2. Express your feelings
3. Release the burden of guilt
4. Be free of old wounds
5. Integrate pain and love
6. Find meaning after loss

Grief Educator Certification begins February 10, 2026. Learn grounded tools and the Six Needs in a three-month live training with David at GriefEducator.com.