

What does it all

F  ING

Mean?



a Zine about grief

GRIEF IS WEIRD.

AND IT ONLY GETS
WEIRDER THE OLDER YOU GET.

I'VE EXPERIENCED IT BEFORE, BUT
AFTER LOSING MY GRANDFATHER & DOG
WITHIN A MONTH OF EACH OTHER, I'VE
BECOME VERY FAMILIAR WITH IT.

THESE ARE MY RAW & HONEST
THOUGHTS ABOUT IT AS I SIT
IN A STATE OF EMOTIONAL

PARALYSIS



I THINK I WAS TOO YOUNG TO
GRASP THE FINALITY OF DEATH
AS A KID. EVEN THOUGH I WASN'T
SHELTERED FROM IT, I DIDN'T REALLY
FEEL ITS PRESSURE TIL I WAS OLDER.



WHERE
DID THEY
GO?

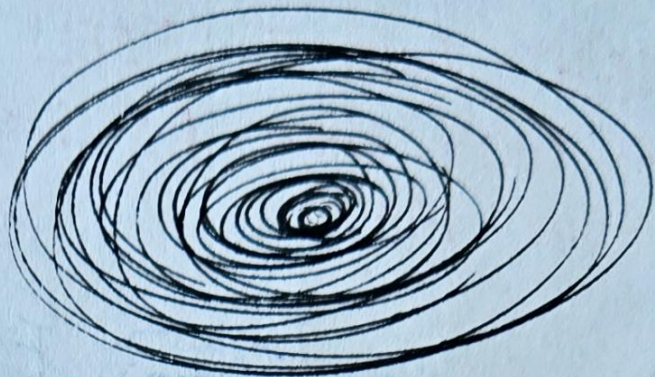
ONLY THE STARRY
SKY KNOWS...

SUDDEN OR NOT, THE IMPACT
IT HAS IS GROUNDSHAKING. YOU'RE
LEFT IN A STATE OF WONDERING
IF THE PERSON OR ANIMAL IS
JUST LOST & WILL COME BACK.
THE FEELING CAN LAST FOR DAYS.

AND WHEN THE GRAVITY OF IT
STRIKES, YOU CAN SAY GOODBYE TO
ANY SENSE OF FAMILIARITY.



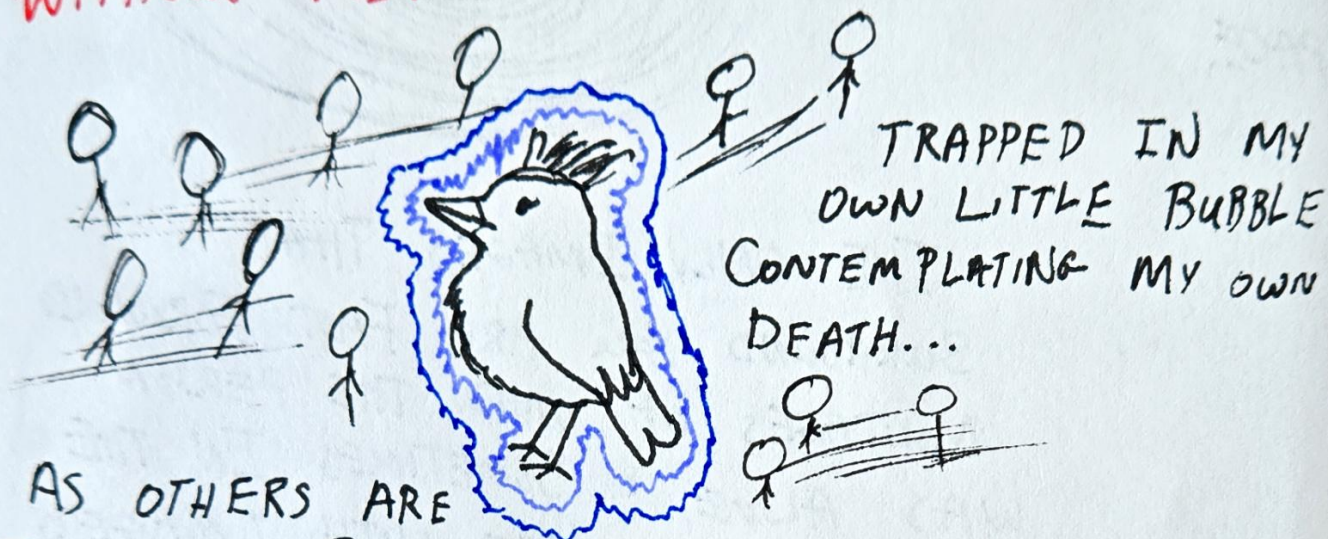
IT SUCKS YOU IN LIKE A
WHIRLPOOL OF DESPAIR,
LEAVING YOU FLOATING
IN AN UNFAMILIAR TIME
& SPACE.



THE ONLY IMAGES THAT
SURROUND YOU ARE FAST FORWARD
MONTAGES OF WHEN THE PERSON
WAS ALIVE, & SOMETIMES, IN THE
DEPTHS, YOU'LL BE MET WITH IMAGERY
OF THEIR LIFELESS BODIES, NO TRACE OF
WHERE THEIR SOUL WENT.

THE VACUUM BOTH MY DAD &
GRANDFATHER LEFT BEHIND IN THEIR
PASSING HAD ITS EFFECT ON
ALL OF US.

EVERYTHING FEELS TOO LOUD, TOO
BRIGHT, AND I FEEL LIKE I'M WITHERING
AWAY WITH THEM AS LIFE MOVES ON
WITHOUT ME.



TRAPPED IN MY
OWN LITTLE BUBBLE
CONTEMPLATING MY OWN
DEATH...

AS OTHERS ARE
FUNCTIONING IN A SOCIETALLY
APPROVED WAY, NOT CRUSHED
BY THOUGHTS LIKE THESE.

I KNOW HOW BAD MY BODY NEEDS
TO REST. EXPERIENCING TWO DEATHS BACK
TO BACK, LAYERED OVER A WORLD THAT
IS EXPERIENCING ITS OWN DARK PERIOD
WOULD TAKE MOST PEOPLE OUT.

SO WHY AM I AFRAID TO GRIEVE?

THERE'S NO TIME LIMIT THEY CLAIM,
BUT MY BEREAVEMENT DAYS TELL ME MY
GRIEF MUST BE FINITE.

MAX. TRAUMA
LEVEL REACHED



DON'T BREAK DOWN IN PUBLIC, IT
MAKES PEOPLE UNCOMFORTABLE.

I WILL CRACK
EVENTUALLY...

IT'S OKAY TO SLUG AROUND, TREAT
YOURSELF LIKE YOU'RE SICK, BUT SHUT THAT
SHIT DOWN AFTER A DAY.

POWER THROUGH,
BABY!



THOUGHTS & PRAYERS, THEY'RE IN
A BETTER PLACE! DON'T SADDLE
YOURSELF WITH NEGATIVITY.

THEY MIGHT BE IN A BETTER PLACE,
BUT I WANT TO BE TOO