

Nobody Left to Tell It To

For the loneliness after losing someone, when the person you would tell is gone.

WHEN TO USE THIS

Use this when something happens and you go to tell them out of habit.

What happened today that you wanted to tell them?

Tell them here.

Who else in your life would want to hear it? Even if it is not the same.

Grief and loneliness sit close together. If it turns to hopelessness, call or text 988 now. Reach out if you are not safe.

The habit of telling them is love, still going. It does not have to stop.