

FREE RESOURCE

5 Things Nobody Tells You About Grief

And What To Do

A free guide for anyone navigating loss, heartbreak,
or a life that just cracked wide open.

WHAT YOU WILL DISCOVER INSIDE

Why staying strong is actually hurting your healing

The truth about grief that no one is saying out loud

Why grief hits in waves and how to survive them

The one thing that separates people who heal from those who stay stuck

Your first 3 steps toward transformation, starting today

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Grief and Transformational Coach | Author of Echoes

A NOTE FROM CHIZOBA

"Grief is not a problem to be solved. It is a gateway, if you let it be."

When my father died, I didn't have a guide. I had grief and I had the page.

I wrote my way through the loss. I cried, I raged, I questioned everything I thought I knew about life, love, and who I was without him. And slowly, not linearly, not gracefully, I began to heal.

That journey became *Echoes*, my memoir. And *Echoes* became the foundation of The Chizzy Exe Brand, a grief, healing, and transformational coaching practice built on one simple belief:

You are not broken. You are becoming.

This guide is my gift to you. It holds the five things I wish someone had told me when I was in the thick of my grief, truths that changed how I moved through loss and came out the other side.

Take what resonates. Leave what doesn't. Heal at your own pace.

And know that whatever brought you here, you are in the right place.

With love and light,

chizzyexe.com

TRUTH 1

Staying Strong Is Making Your Grief Worse

"The bravest thing you can do is feel it."

One of the most damaging things we tell grieving people is: Be strong. We tell them not to cry in public. We admire them when they hold it together. We call it grace. But what we are actually doing is teaching people to suppress the very process that leads to healing.

Research on grief now confirms what coaches and counsellors have known for years: unexpressed grief does not disappear. It goes underground. It shows up as anxiety, numbness, anger, or physical illness, sometimes years later.

The people who heal most fully are not the ones who stayed strong. They are the ones who allowed themselves to fall apart, safely, supported, and with intention.

What to do instead:

Give yourself permission to grieve fully. Cry. Journal. Talk. Scream into a pillow. Grief expressed is grief released.

TRUTH 2

Grief Is Not Just About Death

"You can grieve a relationship, an identity, a dream, a version of yourself."

Most people think grief only happens when someone dies. But grief is the natural response to any significant loss, and loss comes in many forms.

Divorce. Job loss. A friendship that ended. Moving countries. An illness. The person you were before something changed you forever.

If you are carrying something that does not have a name, that people do not validate because nobody died, your grief is still real. It deserves to be honoured.

What to do instead:

Name your loss out loud. Write it down. Say: "I am grieving _____." Naming it is the first act of healing.

TRUTH 3

Grief Comes In Waves. And That Is Normal.

One day you feel okay. The next day a song, a smell, or a date on the calendar breaks you open again. This is not regression. This is how grief actually works.

It does not move in a straight line. It moves in spirals, cycling back through the same feelings at different depths until healing happens layer by layer.

What to do instead:

Build a grief toolkit: three things that ground you when a wave hits. A person to call. A song. A journal. Know your toolkit before the wave arrives.

TRUTH 4

Healing Does Not Mean Forgetting

Many people resist healing because they fear it means leaving their loved one behind, or moving on as if the loss did not matter. But healing is not forgetting.

It is learning to carry the love differently. It is integrating the loss into who you are becoming, rather than being defined only by what you lost.

The goal is not to go back to who you were before. That person has changed. The goal is to discover who you are becoming on the other side of this.

What to do instead:

Create a small ritual to honour what you lost, while also making space for who you are becoming. Both can coexist.

TRUTH 5

You Do Not Have To Do This Alone

The people who heal most powerfully are not the ones who pushed through alone. They are the ones who found the right support: a coach, a community, a guide who had walked through their own grief and come out the other side.

Asking for help is not weakness. It is the wisest thing a grieving person can do.

What to do instead:

Reach out. Join a group. Book a session. You deserve support that meets you exactly where you are, without judgment.

"Grief is not the end of your story. It is the beginning of your becoming."

Start here. Start today. Start imperfectly.

STEP 1

Name It

Take out a piece of paper or open your journal. Write: "I am grieving _____. And I give myself permission to feel this." That one sentence is the beginning of everything.

STEP 2

Feel It — Safely

Choose one emotion you have been avoiding. Set a timer for 10 minutes. Write about that emotion without editing or censoring yourself. Let it be messy. Let it be real. That is healing happening.

STEP 3

Reach Out

Send one message today to someone you trust. It can be as simple as: "I am going through something hard. I could use some support." Connection is medicine. You were not designed to grieve alone.

Ready to Go Deeper?

Book a 1:1 Grief and Transformation Clarity Call with Chizoba Exe, starting at \$47

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JOIN THE COMMUNITY

Never Heal Alone.

When you join the Chizzy Exe email community, you get:

- ◆ Free grief and healing resources delivered to your inbox
- ◆ Early access to new programs, journals, and workbooks
- ◆ Weekly healing prompts and affirmations
- ◆ Invitations to live healing circles and group sessions
- ◆ A community of people who truly understand your journey

Sign up at: **chizzyexe.com**

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Healing Starter Journal	\$27 stan.store/ChizzyExe
Heart Reset Workbook	\$47 stan.store/ChizzyExe
Complete Healing Toolkit Bundle	\$67 — Both products together stan.store/ChizzyExe
Echoes by Chizoba Exe — Memoir	Available on Amazon amazon.com/shop/thechizzyexebrand
1:1 Grief Coaching — Clarity Call	From \$47 chizzyexe.com
Heart Reset Coaching Package	\$297 chizzyexe.com

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— Chizoba Exe

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