



A FREE GUIDE FROM HOPE & HEALING CO

When You Don't Feel *Like Yourself* Anymore

Understanding what's happening inside you — and finding one small
step forward.

GRIEF, TRAUMA & LIFE COACH • HOPEANDHEALINGCO.COM

BEFORE WE BEGIN

You're not *broken*.
You're responding to something real.

If you've found yourself here, chances are something has shifted. You might not be able to put exact words to it — you just know that you wake up feeling heavy. That the version of yourself you used to know feels far away. That you're moving through your days, but not really *in* them.

This guide was created for you — not to fix you, and not to rush you. But to help you understand what you might be carrying, and to remind you that what you're feeling makes sense.

You don't have to be there yet. You just have to be here.

I wrote this from lived experience — not from a textbook. I've sat in the kind of grief that doesn't have a name. I've felt the quiet disconnection that comes when everything changes and you're left wondering who you are without it all.

So take this slowly. There's no timeline here. No right way to move through it. Just a gentle place to begin.

This guide is a compassionate, non-clinical resource to help you feel seen and take one small step forward. It is not a substitute for professional therapy or medical care. If you are in crisis, please reach out to a mental health professional or your local crisis line.

PART ONE

What is actually *happening* to you?

When grief, loss, or trauma enters your life — something inside you changes. Not just emotionally. Physically. In how you think, how you feel, how you experience the world around you.

And one of the most disorienting parts? **You can stop recognizing yourself.**

This isn't weakness. This is your nervous system, your identity, and your sense of self responding to something that mattered. Something that changed things. And it needs to be understood — not pushed away.

COMMON EXPERIENCES

When grief and trauma go unprocessed, you may notice:

- ◆ A quiet numbness — feeling like you're watching your own life from a distance
 - ◆ Feeling like you're "functioning" but not truly okay on the inside
 - ◆ Exhaustion that sleep doesn't seem to fix
 - ◆ Disconnection from people you love, even when they're right there
 - ◆ A heaviness in your chest or body with no clear explanation
 - ◆ Asking yourself: "Why can't I just move on?" or "What is wrong with me?"
 - ◆ Feeling like you've lost who you were — and you don't know how to get back
-

Nothing is wrong with you. Everything you're feeling is a response to something real. Your grief is real. Your pain is real. And it deserves to be met with understanding — not judgment, not pressure, not a timeline.

PART TWO

Grief isn't always about *losing someone*.

One of the reasons so many people suffer in silence is because they don't feel like they have a "good enough reason" to feel the way they do. **But grief is grief.** And it can come from many forms of loss.

Loss of a person

Death, but also estrangement, disappearance, or a relationship that ended. All carry grief that is real and valid.

Loss of self

After everything changed, you may not recognize who you are anymore. That loss of identity is one of the most disorienting forms of grief.

Ambiguous loss

When someone is still physically here, but the relationship — or the person you knew — is gone. There is no funeral for this grief.

Loss of the life you expected

The future you planned for. The relationship you believed in. The version of your life that didn't unfold the way it was supposed to.

Loss connected to addiction

Whether yours or someone you love — addiction brings layers of loss, grief, guilt, and pain that rarely gets acknowledged.

Trauma loss

Experiences that changed how you feel, think, and move through the world — even without a clear name attached to them.

Whatever you're carrying — it belongs here. Your loss doesn't have to be big or dramatic or recognized by others to be real. It just has to be yours.

REFLECTION SPACE

Gently *beginning* to understand.

You don't have to answer all of these. There's no pressure and no right or wrong. Just read slowly, sit with what resonates, and write if it feels right.

PROMPT ONE

When did I first start to notice that something felt different — or off?

PROMPT TWO

What have I been carrying that I haven't yet allowed myself to fully name?

PROMPT THREE

If I could say one honest thing about how I'm really feeling right now — what would it be?

PART THREE

Finding your *one small step.*

Healing doesn't begin with a dramatic moment of clarity. It usually begins with something much smaller. Here are five gentle things you can begin with today.

- 01 Name what you're carrying.**

You don't need the perfect words. Just say it — even in a whisper, even in your journal. "I am carrying grief." "I am carrying loss." Naming it begins to make it real — and real things can be worked with.
 - 02 Stop telling yourself you should be over this.**

Grief and trauma don't follow timelines. Releasing the "should" is one of the most powerful things you can do right now.
 - 03 Let your body lead for a moment.**

Grief lives in the body, not just the mind. Place one hand on your heart. Take three slow breaths. Just let your body know: it's safe to feel this.
 - 04 Give yourself permission to not be okay today.**

You don't have to hold it together right now. You're allowed to be exactly where you are — without performing strength for anyone, including yourself.
 - 05 Consider reaching out.**

You were not meant to carry this alone. One conversation can change everything — not because it fixes it, but because being truly heard begins something that's very hard to begin alone.
-

YOU DON'T HAVE TO CARRY THIS ALONE

When you're ready to take the *next step...*

A complimentary connection call is a calm, private conversation where you can talk about what you're going through, feel truly heard, and explore what support could look like for you. No pressure. No expectations. Just a place to begin.

BOOK YOUR FREE FIRST STEP CALL

hopeandhealingco.com · julie@hopeandhealingco.com · 780.215.1738

A stylized signature of Julie Hosack in a gold color, featuring a heart rate line graphic on the left side.

GRIEF, TRAUMA & LIFE COACH

You don't have to be there yet. You just have to be here.