



BLACK HOLE OF SHOCK

When someone important dies, it's very common to feel in a state of shock. It can feel like the world has stopped turning, and we can feel frozen and as if we don't believe what has happened. Remember, grief is different for everyone, so if you didn't feel shocked, that's totally normal too.



How shock made my body feel

What shock made me think

My name is Shock.





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Other emotions I
felt at the same time as shock

How the world around me felt