

PROLOGUE

I couldn't heal since my father's passing. I simply didn't know how to.... the parting and reality of it all felt just too sore, too raw, too profound an impact and too new as an emotional experience for me.

My mind understood and accepted reality, but something inside me felt restrained, brewing like an eager to erupt volcano. I just wanted to unleash the pain, release the hurt inside, and just scream it out from the toxicity stirring within me. The pain oozed like a disease that I wanted to get rid of, because I did not know it, I did not like it, I did not enjoy how it consumed me. The pain from grief was like an urging physical force inside me that wanted to explode, and howl until I could unleash the acidic tears burning up within me! My heart yearned to feel some form of relief.

I always knew the day would come when my dad would pass on and I prepared myself to deal with it for when that day arrived. At that time, I thought I prepared myself well enough as I rehearsed this, with myself. Yes, I did plan for my father's death- I plan for everything- being the control freak nerd I am! This time I was caught off guard, my emotional guard (the most sensitive and protective guard). Me, the control freak that tried to know a little about a lot (or would learn quickly enough from Google) really knew nothing despite all the mental preparation for when the moment truly arrived. The plans changed without warning, and I didn't have plan B. Who could have known and planned for Covid-19?

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I didn't know how to feel. I didn't plan for my feelings. I planned for my thoughts and my actions, and I never thought about planning for my feelings. The term Emotional Agility did not exist in my vocabulary of understanding- not until writing this book. I just focused on how to react and be strong to the world in that moment of my father's premature passing. I logically understood that grieving was needed, necessary and healthy but I didn't know how to do it. I didn't know where to start or what to do with myself. For the first time in my life, I didn't really have a plan to execute.

When a person passes on, many lives are affected, although not always discussed or unpacked. As adults we sometimes struggle to deal with it ourselves and try best as we know/were taught to help ourselves and kids in the resultant process. Sometimes we are so wrapped in the volumes of loss around us (especially since Covid-19) that we need a little more help, a slightly different plan and way of doing things. This adult need for help can easily consume us to the point that we could even forget to check in with our children on their emotional journeys through all of this.

If I can play a small part in helping those affected, then my life's purpose is now complete. Helping others- is the key reason why this book is so important to me. Helping people structure their own thoughts and emotions when any form of grief or loss occurs- helping someone when they feel alone in the process.

I also wanted to write to help adults and parents when there are enquiring questions about death from children, and at the same time help parents to start conversing |

about these emotionally challenging and uncomfortable conversations and life lessons. This writing experience made me realize that as adults we consciously need to do more as we are raising young kids. We are a generation of adults that are already changing ideals and various other matters that don't serve us any longer. Similarly, the stigma of dealing with death, grieving, mourning, and emotional experiences need to be addressed by us too so that our kids can grow and elevate their understanding.

The book shares strategies and guidelines that will help adults consciously think about children and generations to come after us- so we must tread wisely in our words, thoughts, actions, and deeds. If Covid-19 has taught us one thing- I would sum it up as «reflection». Reflection of self in particular. There is no perfect time to self-reflect and I did, and this is my journey through it all. This book takes you on a journey as from my perspective of life as, my father's daughter.