

THE MIGRAINE RELIEF SERIES · ANGER, GRIEF & LETTING GO
Book 55 of 58

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The Sadness of Losing What You Imagined

*On the grief that so often hides quietly underneath
anger*

ROD GABRIEL ZR

Author of Living with Visual Aura Migraine



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LETTING GO · BOOK 55 OF 58

The Sadness of Losing What You Imagined

*On the grief that so often hides quietly underneath
anger*

Designed with spacious type, warm colors, and generous white space for visual comfort — especially for readers navigating aura, light sensitivity, or neurological strain.

A note on care. This mini-book shares one person's lived experience and general wellness practices. It is not medical advice, and it is not a substitute for diagnosis or treatment by a qualified healthcare professional. Migraine has many forms and causes. Always consult your doctor about your symptoms, your triggers, and any medication or treatment decisions.

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BEFORE WE BEGIN

A letter to you

How much of our suffering comes from the event itself, and how much comes from our fight against the fact that it doesn't match what we expected?

Not all suffering is anger. Sometimes, underneath the anger, there's something quieter and harder to name: grief. For canceled plans, for opportunities that slipped past, for relationships that never became what you'd hoped, for a version of yourself you couldn't quite hold onto.

This book is for that quieter feeling, the one anger sometimes works hard to cover up.

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The experience: what anger was covering

Anger is often the louder, more socially acceptable cousin of grief. It's easier to be furious about a canceled trip than to sit with how genuinely sad it is to have lost it. For years, my anger did a great deal of work that grief actually needed to do instead.

The automatic thought: 'I should be over this by now'

Grief that doesn't get named tends to get rushed instead. *I should be over this by now* is a thought that treats sadness as a schedule to keep, rather than a feeling that moves at its own pace.

Grief was never on a schedule. Rushing it doesn't make it finish faster. It just makes it harder to find later, hiding underneath something louder.

The emotion and the reaction

When grief goes unnamed, it often surfaces sideways — as irritability, as anger at something small and unrelated, as a heaviness with no clear cause. The reaction is often confusion: *why am I so upset about something so minor?* when the minor thing was never really the point.

The chain of hidden grief

□ The hidden grief chain

Experience: a loss too easily dismissed as 'not a big deal.'

↓ Automatic thought: *'I should be over this by now.'*

↓ Emotion: grief, pushed down, resurfacing as irritability.

↓ Reaction: anger at something small, confusion about the intensity.

↓ Observation: *'underneath this anger is actually sadness about something real I lost.'*

↓ Possibility: naming the actual loss lets the grief move, instead of circling endlessly as anger.



PAUSE & REFLECT

Naming what's underneath

A moment recently when my anger felt bigger than the situation — what loss might actually be underneath it?

What did I imagine my life, a relationship, or myself would look like, that migraine quietly rewrote?

The observation: naming the actual loss

Naming the loss specifically — *I'm sad I missed my friend's wedding, I'm sad about the career path I couldn't keep, I'm sad about the version of myself who didn't need to plan around this* — gives grief somewhere real to land, instead of circling endlessly disguised as anger at something smaller.

The possibility of letting go

Letting go of grief doesn't mean pretending the loss wasn't real. It means finally letting it be grief, out loud, instead of asking anger to carry a weight it was never built for.

*Sadness named honestly moves through
you. Sadness disguised as anger tends
to just go in circles.*

YOUR SPACE

My notes

[illegible]



CLOSING

Keep going, gently

Not all suffering is anger. Some of it is grief, wearing anger's clothes because it seemed like the safer thing to feel out loud.

How much of our suffering comes from the event itself, and how much comes from our fight against the fact that it doesn't match what we expected?

*Next in the series: **Letting People Be People** — on the characters we build for others, and the disappointment that follows.*

ABOUT THE AUTHOR

ROD GABRIEL ZR

This closing collection returns once more to the voice at the heart of *Living with Visual Aura Migraine* — not to explain another symptom, but to sit with the feelings that so often ride alongside one: anger that things aren't as they should be, and grief for the versions of days, people, and himself that pain quietly rewrote.

One question runs underneath every book here: how much of our suffering comes from the event itself, and how much comes from our fight against the fact that the event doesn't match what we expected? He doesn't have a tidy answer. He has ten honest attempts at sitting with the question anyway.

Want the whole journey?

This guide is adapted from the complete book, *Living with Visual Aura Migraine: Finding Relief Through the Rough Times* — the full story, with every practice, every episode, and every lesson in one place.

The Migraine Relief Series

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The Identity Series — on reclaiming yourself from the condition:

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