THE UCONN GRIEF PROJECT
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GRIEF PROJECT

Launched in February 2021, the UConn Grief Project invites students to share responses to the challenges we have faced, both as individuals and as a community, over the past year. The project seeks to bring together reflections on loss, and create a space for acknowledging the emotional impacts of this moment in history.

KÄTHE KOLLWITZ

The UConn Grief Project was inspired by the powerful art of Käthe Kollwitz (1867-1945), a German printmaker, sculptor, teacher, and social activist who used her work to oppose war and social injustice. The William Benton Museum of Art maintains a collection of more than 100 prints and drawings by Kollwitz, which are featured in the exhibition, Käthe Kollwitz: Activism Through Art, February 3 – April 10, 2021.
it sits.

it seeps.

it strangles.

it eats me alive.
there’s no place to hide.
there is no peace of mind.
it sleeps with me,
wakes with me,
smothers me like a blanket,
a blanket of all your old t-shirts
wrapping me in a warm, 
depressing hug
it's like crawling under the 
smoke in a building on fire
panic mode engaged,
no light in sight
you can't find the exit

— it doesn't exist—

and you can't stand up again
it's like turning to your left, only
to stumble into a brick wall

**immovable,**

**unforgiving,**

**concrete**

there is no right way out, it only
keeps crawling in
it's a deep, pulling ache,
like dark taffy in your stomach
falling and sticky,
you can't ever clean it up
black lungs,
black heart
and a home now in ashes

I live every day with an
insatiable hunger for more.

more time, more memories,
more moments together
seeing families still together
and moms with their kids

smiling,
laughing,
crying
any sort of emotion,
any sort of moment

they still have that luxury
to see the love in her eyes
to feel her warm embrace
and talk about plans for
the future

I have nothing left

only an empty home,
an empty heart
and a family that will never
be the same.
this is my rock bottom,

my mom-less living nightmare

so listen to me tell stories,
listen to me remember
let me sob in my childhood bedroom
and let me grow sunflowers in December.
no matter what,
please tuck me in and tell me

“I love you, and I'll see you tomorrow”

because nothing in this life is guaranteed and nothing gold can truly stay

all we can hope for is to hold onto these moments and to share all the love that we have today.
The UConn Grief Project is a collaboration between The Benton Museum of Art, Counterproof Press, and Design Center Studio. It was conceived by Emily Larned of Design Center and Counterproof Press upon invitation by Amanda Douberley at The Benton.

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