

STILL STANDING

HEALING WITHOUT FORGETTING

Love, Grief, and Healing

WALT ADKINS JR.

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Walt Adkins

Back Porch Media Holdings LLC

Still Standing: Love, Grief, and Healing

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Published by:

Back Porch Media Holdings LLC

Lewisburg, West Virginia

Printed in the United States of America

Foreword

Grief is one of the few experiences that doesn't care who you are, where you came from, or how prepared you think you are.

It shows up quietly.

It stays longer than expected.

And it changes people in ways they don't always recognize at first.

This book wasn't written to fix grief or rush healing. It was written to offer companionship — a steady voice for those navigating loss, change, and the long process of learning how to live again.

If you're holding this book, there's a good chance you're carrying something heavy. You don't need to explain it. You don't need to justify it. You don't need to be strong here.

These pages are an invitation — not to move on, but to move forward at your own pace. One chapter. One breath. One day at a time.

Introduction

People don't always know what to do with grief.

They want timelines.

They want answers.

They want solutions.

But grief doesn't work that way.

It's personal.

It's layered.

And it doesn't follow rules.

This book isn't about getting over loss.
It's about learning how to carry it —
without letting it carry you.

Some chapters may feel familiar.

Some may feel uncomfortable.

Some may feel like they found you at
exactly the right moment.

Take what you need.

Leave what you don't.

And move through these pages at your
own pace.

There is no right way to grieve — only an
honest one.

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Dedication

This book is dedicated to my father,
Walter “Big Wally” Adkins Sr. .

My hero.

Life didn’t give him an easy road, and he
carried more than most people ever saw.

He did the best he could with what he
had, and he lived life on his own terms —
imperfect, complicated, and real.

I learned strength by watching him
endure.

I learned grief by loving him while he was
still here.

And I learned forgiveness by
understanding that people can be heroes
and still be human.

This book is also dedicated to anyone who
has grieved someone twice —
once while they were still alive,
and again when they were gone.

To those who loved deeply, waited
quietly, hoped longer than they should
have, and still found a way to stand.

And to every reader who carries loss close
to their heart:

may these pages offer permission to
grieve,
and courage to live again.

Chapter 1 – Everyone Loses Something

Everyone loses something in this life.

Some losses come loudly — death, divorce, disaster, sudden change.

Others come quietly — distance, regret, missed years, broken relationships, or things that never healed the way we hoped they would.

Loss isn't a sign that something went wrong.

It's a sign that you lived, loved, invested, tried, and cared.

If you've lived long enough, you've lost something.

A person.

A season.

A dream.

A version of your life you thought would last.

A relationship that once meant everything.

Time you wish you could get back.

Or someone you still love but no longer walk life with.

Some people carry their grief out in the open.

Others carry it quietly for years.

Some losses get sympathy.

Others stay invisible.

But all of them matter.

You don't have to justify your pain.

You don't have to explain why something hurt.

You don't have to rank your grief against anyone else's.

Pain isn't a competition.

Grief doesn't need permission.

If something mattered to you — losing it can hurt.

That doesn't make you weak.

That makes you human.

Loss Looks Different for Everyone

Some people grieve a spouse.

Some grieve a child.

Some grieve a parent.

Some grieve a marriage.

Some grieve friendships.

Some grieve family relationships that changed or faded.

Some grieve the life they thought they'd have.

Some grieve opportunities they never got.

Some grieve mistakes they can't undo.

And sometimes grief doesn't come with a funeral.

Sometimes it comes with silence.

Distance.

Estrangement.

Or unanswered questions.

Not all grief gets closure.

Not all grief gets talked about.

Not all grief gets understood.

But it still counts.

If You're Carrying Something Heavy

If you're reading this, there's a good chance you're carrying something.

Maybe it happened recently.

Maybe it happened years ago.

Maybe you thought you were “past it” until something brought it back to the surface.

You might feel sad.

Angry.

Numb.

Guilty.

Confused.

Or simply tired of carrying it.

All of that is normal.

You don't have to rush healing.

You don't have to pretend you're fine.

You don't have to hide what still hurts.

This book isn't here to single you out.

It's not here to label your pain.

It's here to walk with you — no matter what kind of loss brought you here.

A Quiet Truth

Here's something I've learned the hard way:

You can carry grief and still live a meaningful life.

You can hurt and still heal.

You can miss what's gone and still build something new.

Loss doesn't mean your story is over.

It means your story has depth.

You're not broken because something hurt you.

You're not behind because healing takes time.

You're not weak because you still care.

You're still here.

And that matters.

Closing Thought

If this chapter feels personal, that's okay.

You don't need to explain your pain to anyone.

You don't need to compare it to someone else's.

You don't need to justify why it still matters.

You're allowed to take healing one day at a time.

And we'll do that together — one steady chapter at a time.

Chapter 2 – Grief Doesn't Follow Rules

Grief doesn't follow a schedule.

There's no deadline for when you should feel better.

No rulebook for how long something is supposed to hurt.

No correct way to mourn, remember, miss, or move forward.

Some people cry.

Some people go quiet.

Some people stay busy.

Some people feel angry.

Some people feel numb.

Some people feel everything all at once.

None of that means you're doing it wrong.

Grief is personal.

It's shaped by who you lost, what you lost, how it happened, and what that person or season meant to you.

Two people can go through the same loss and feel it completely differently.

That doesn't make one strong and the other weak.

It makes them human.

There Is No “Right Timeline”

Some people heal in months.

Some in years.

Some carry pieces of grief for a lifetime.

You might feel okay for a while — then something small brings it rushing back.

A song.

A smell.

A date on the calendar.

A memory you weren't expecting.

That doesn't mean you've failed to heal.

It means your heart remembers.

Healing isn't about erasing grief.

It's about learning how to live with it in a healthier way.

You Don't Have to Perform Your Pain

Some people feel pressure to grieve publicly.

Others feel pressure to “be strong” and never show emotion.

You don't owe anyone a performance.

You don't have to cry on cue.

You don't have to stay silent to seem composed.

You don't have to explain why something still hurts.

You're allowed to grieve privately.

You're allowed to grieve slowly.

You're allowed to grieve honestly.

Setbacks Are Not Failures

There will be days you feel like you're moving forward.

And days when it feels like you've gone backward.

That's not failure.

That's grief doing what grief does.

Some days you'll feel lighter.

Some days the weight will return.

Progress doesn't always look like a straight line.

Sometimes it looks like learning how to carry the weight with a little more strength and a little less pain.

Your Healing Is Not on Trial

You don't need permission to heal at your own pace.

You don't need approval to still feel hurt.

You don't need to prove you're "over it."

You're allowed to take the time you need.

You're allowed to still miss people.

You're allowed to still feel sad.

You're allowed to still feel love.

There is no finish line you're required to cross.

There is only forward — one honest step
at a time.

Closing Thought

If your grief feels messy, slow, confusing, or unpredictable — you're not broken.

You're healing in a real, human way.

You don't have to rush.

You don't have to pretend.

You don't have to get it perfect.

You just have to keep going — gently, honestly, and one day at a time.

Author Bio

Walt Adkins (aka Wally Jr., Little Wally, and Uncle Wally) is a writer, speaker, and guide focused on practical healing, personal responsibility, and rebuilding life one step at a time.



Through his work, Walt explores grief, recovery, work ethic, faith, health, and

the quiet strength required to start again after loss. His writing is rooted in lived experience — not theory — and speaks to those who want honesty without judgment and encouragement without pressure.

Walt is the founder of Back Porch Media Holdings LLC and the creator of the Crock Pots & Common Sense, Earned Not Given, Forged in the Fire and Farm to Fit series. He lives in West Virginia and believes that healing happens slowly, intentionally, and one day at a time.