feelings buddy

Invented example

Written for feelingsbuddy.app.
Not a real person's report.

RESEARCH REPORT FROM YOUR SESSION ON 22 OCTOBER 2026

Like he still had somewhere to be

What was happening, what research says, and what you could do now

This report goes back over your session, a piece at a time. It sets what you said beside what research has found, and leaves the reading of it to you. Take what fits and leave the rest.

Feelings Buddy's AI research assistant wrote this report from your session and from published research. It is not therapy, not a diagnosis and not medical, psychological or legal advice, and it never tells you what to choose. If you need someone now, the crisis lines are near the end. For adults 18 and over.

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Before you read

It takes about 15 minutes to read, and you can read it a page at a time.

Each topic starts with what you said. Then comes what research says, then a read for you to judge. The read is a guess, not a verdict.

3

How your body felt at the start of the session, where 1 is flat and 10 is flooded.

4

How it felt at the end.

What was happening

Five things came up in your session. Each one starts with what you said.

1 Feeling nothing about it

> "honestly im fine i just dont feel anything about it"

You came in two months after being laid off from a company you had been with for 20 years. You said you felt nothing about it. Thinking back to the day itself, standing there with your box, your mind had gone to traffic.

WHAT RESEARCH SAYS

In one study of midlife adults whose spouse had died, people who reported little distress while talking about the loss, even as their bodies showed arousal, did not go on to severe grief; they had few grief symptoms up to 14 months after the death.[1] They did report more bodily complaints at first, and these fell to low levels by the later check.[1] A study that followed older adults for four years after a spouse died found that those with low distress early on kept doing well across that time.[2] Both studies were about a death, not a job, so they can only point in a general direction.[2][1]

Sources are numbered and listed at the end, each with a link you can click.

A READ, FOR YOU TO JUDGE

It may be that the nothing was not empty. Later in the session, sadness came up beside it, and so did a sense that this was a big deal. Feeling less than expected need not be a problem to fix, and the nothing and the sadness can both be true. Only you can say whether that fits.

2 Up at 5 with nowhere to be, and a jaw that holds on

> "up at 5 like i still have to be somewhere"

Your body still gets up for a job that is not there. You also said you wake with your jaw clenched, and that your wife hears you grind your teeth at night now.

WHAT RESEARCH SAYS

A review that pooled 106 studies tested the idea that a job gives more than income, including a shape to the day.[3] People out of work reported less of that time structure than people in work, and more time structure went along with better mental health.[3] One small German study using a sleep armband found that, on weekdays, people out of work lay down longer, slept less efficiently and woke later than people in work.[4] Your rhythm runs the other way, so that study speaks to a work clock shifting once the job is gone, not to your exact pattern.[4] On the jaw, a review of six studies linked stress in general with higher odds of teeth clenching or grinding, though none of those studies looked at losing a job.[5]

Sources are numbered and listed at the end, each with a link you can click.

A READ, FOR YOU TO JUDGE

It may be that your body is still keeping the hours of 20 years. The jaw may be holding some of what the rest of you has called nothing. That is a guess; your body is the one that knows.

3 Your dad and the mill

> "he got let go from the mill when i was 11. never talked about it. just went out every morning anyway like he still had somewhere to be"

When the rule in your jaw led back to your dad, you saw something you had not seen before: him going out every morning, and you up at 5. Sadness came up, for him mostly. You noticed he was younger than you are now when it happened.

WHAT RESEARCH SAYS

In Australian data that followed families for many years, a parent's long period without work during childhood was linked with poorer mental health in the children as adults.[6] The design cannot show cause, and the study did not measure how parents coped or whether that passed on.[6] A UK study found that, unlike their peers, young adults whose fathers had been out of work when they were 14 were not more dissatisfied with life when out of work themselves.[7] The author read this, tentatively, as a sign that family history can shape how being out of work feels.[7] A review of 74 studies of fathers who lost work found the clearest harms to their emotional well-being, and the authors concluded that the weight can be heavier where providing is central to how a man sees himself.[8]

Sources are numbered and listed at the end, each with a link you can click.

A READ, FOR YOU TO JUDGE

It may be that part of what you have been carrying is not only your loss but his, held for years without words. Your sadness reaching him first might be one way into your own. You are the one who can say if that is close.

4 Shut up and keep going, and feeling like you're failing

> "that im soft. that a real man would have a new job by now"

Under the nothing was a sense of failing at something you could not name. The voice in your jaw said *shut up and keep going*, and when it spoke about you, it called you soft and behind.

WHAT RESEARCH SAYS

In a study of 62 men who had recently lost work, holding more tightly to keeping feelings in and handling things alone went along with heavier low mood over the next three months.[9] The same study found those norms also went along with getting back into work, so the design does not mark them as simply harmful.[9] A large UK study found that every group of men lost life satisfaction on becoming unemployed, whatever their views about who earns at home.[10] Across 38 studies that followed people over time, adults out of work reported more low mood, worry and strain on average than people in regular work, though the difference was small and the certainty of the evidence was rated low.[11]

Sources are numbered and listed at the end, each with a link you can click.

A READ, FOR YOU TO JUDGE

It may be that the failing you could not name is the rule itself, asking you to be over this by now. Research suggests that losing work weighs on many people, so feeling it may say less about being soft than about having been hit. That is yours to judge.

5 Saying to yourself what you'd say to a friend

> "maybe. i got hit hard. its ok that it hurts"

Asked what you would say to a friend walked out after 20 years, you had the words ready: you got hit hard, it is not nothing, take a minute. Then you tried them on yourself. Your shoulders went down a bit, and you were still sad.

WHAT RESEARCH SAYS

Self-compassion has been described as three linked parts: kindness toward yourself instead of harsh judgment, seeing your pain as part of what people share, and holding painful feelings in balanced awareness.[12] In four experiments with students and US online adults, a short self-compassion prompt after a failure or a weakness raised motivation to improve, not complacency.[13] In a field experiment with 180 job seekers, writing about a bad job search experience with kindness toward oneself eased sadness and self-criticism straight afterwards, though the difference had faded a week later.[14]

Sources are numbered and listed at the end, each with a link you can click.

A READ, FOR YOU TO JUDGE

It may be that the kind voice was there all along, kept for other people. If part of you worries that kindness would make you soft, one line of research points the other way, toward moving rather than stopping. Whether these words can stay yours is up to you.

What you asked about

You asked whether feeling nothing, months after a long job ends, is normal.

Research has little to say yet about feeling nothing after a job loss in particular. The closest studies follow people after a death, so they can only point in a general direction. None of them can tell you how it will go for you.

WHAT RESEARCH SAYS

A review of 12 long-term studies of bereaved adults found that, on average, 55% followed a resilient course of low, steady grief, and found little support for grief that stays low at first and then arrives much later.[15] Feeling less than expected after a loss is common, and on its own it is not a warning sign.[15] A study of families after a death in intensive care, followed for two years, found grief that eased or stayed steady but no group whose grief started low and rose later; a small group did show a later rise in shock-like reactions.[16] Among people out of work, studies that followed them over time found more low mood, worry and strain on average than among people in regular work, though the difference was small.[11]

Sources are numbered and listed at the end, each with a link you can click.

What you could do now

In the session you named one thing in your hands: telling your wife about your dad and the mill. These steps start there, and each one is yours to take or leave.

1 Telling the mill story

If a calm moment comes with your wife and it feels right, **then** tell her one piece of the mill story, even just the part about him going out every morning.

2 Asking your sister what she remembers

If you want to talk with someone who was there, **then** ask your sister what she remembers about the time the mill closed.

3 When the voice says soft

If the voice says you are soft or behind, **then** try your own words back: "i got hit hard. its ok that it hurts"

4 At 5 in the morning

If you wake at 5, **then** put your feet on the floor and let one slow breath out run a little longer than the breath in.

5 On flat days

If a day feels flat again, **then** you can let it be flat. It does not undo what you saw in the session.

If you need someone now

A report can only hold so much. If the weight of this stays as heavy as your hardest days for weeks, if everyday life stops working, or if you are thinking about not being alive, please reach a person today.

A family doctor, or a therapist who works with grief, can help you find the kind of support that fits.

Immediate danger	Call 911. Nunavut has no 911 service. For the RCMP, dial the first three digits of the local phone number where you are, not the 867 area code, then 1111 (in Iqaluit, 979-1111).
Suicide Crisis Helpline, 24 hours	Call or text 9-8-8
Hope for Wellness Help Line, for First Nations, Inuit and Métis people, 24 hours	Call 1-855-242-3310
In the United States, 988 Suicide and Crisis Lifeline, 24 hours	Call or text 988
Anywhere else, including Quebec	Contact your local emergency services

Sources

Each number in the text points to one source here. Tier 1 is a review or meta-analysis, tier 2 a single study. The grade is how strongly the source supports the sentence it backs. Every source is an entry in the Feelings Buddy research library, checked against the source by a reviewer who did not write it.

1. Bonanno GA, Keltner D, Holen A, Horowitz MJ (1995). When avoiding unpleasant emotions might not be such a bad thing: verbal-autonomic response dissociation and midlife conjugal bereavement. *Journal of Personality and Social Psychology 69(5), 975 to 989*. https://doi.org/10.1037//0022-3514.69.5.975 tier 2, weak
   A lab measure of mismatch between reported feeling and heart response, not felt numbness; midlife adults whose spouse died; follow-up ended at 14 months.

2. Boerner K, Wortman CB, Bonanno GA (2005). Resilient or at risk? A 4-year study of older adults who initially showed high or low distress following conjugal loss. *The Journals of Gerontology, Series B - Psychological Sciences and Social Sciences 60(2), P67-P73*. https://doi.org/10.1093/geronb/60.2.p67 tier 2, weak
   Small sample of older adults whose spouse died; findings may not carry to younger people or other kinds of loss.

3. Paul KI, Scholl H, Moser K, Zechmann A, Batinic B (2023). Employment status, psychological needs, and mental health: Meta-analytic findings concerning the latent deprivation model. *Frontiers in Psychology*. https://doi.org/10.3389/fpsyg.2023.1017358 tier 1, moderate
   Most studies measured people at one point in time and came from Western countries; results varied widely between studies.

4. Greissl S, Mergl R, Sander C, Hensch T, Engel C, Hegerl U (2021). Is unemployment associated with inefficient sleep habits? A cohort study using objective sleep measurements. *Journal of Sleep Research*. https://doi.org/10.1111/jsr.13516 tier 2, weak
   Small comparison with only 50 people out of work, at one point in time; it cannot show which came first.

5. Chemelo VDS, Né YGS, Frazão DR, de Souza-Rodrigues RD, Fagundes NCF, Magno MB, da Silva CMT, Maia LC, Lima RR (2020). Is There Association Between Stress and Bruxism? A Systematic Review and Meta-Analysis. *Frontiers in Neurology*. https://doi.org/10.3389/fneur.2020.590779 tier 1, weak
   Only three small studies were pooled, none about losing a job; it cannot show that stress causes clenching.

6. Mooi-Reci I, Wooden M (2022). Jobless parents, unhealthy children? How past exposure to parental joblessness influences children's future health. *SSM - Population Health*. https://doi.org/10.1016/j.ssmph.2022.101144 tier 2, moderate
   Observational Australian data, so it cannot show cause; it did not measure how parents coped or whether that passed to children.

7. Zwysen W (2015). The effects of father's worklessness on young adults in the UK. *IZA Journal of European Labor Studies*. https://doi.org/10.1186/2193-9012-4-2 tier 2, weak
   UK young adults aged 16 to 30 at one point in time; observational and imprecise; only fathers were studied, and attitudes were not measured directly.

8. Sümer N, Beşpınar FU, Sieben A, Beşpınar Z, Gürdal L, Uşaklılar Ö, Kapısız Z, Üsten E (2026). Effects of Paternal Unemployment on Family Dynamics and Well-Being: A Systematic Review. *Journal of Family Theory & Review*. https://doi.org/10.1111/jftr.70069 tier 1, weak
   A narrative review with no pooled numbers; only fathers were studied, mostly in richer Western countries, and many studies did not test ideas about manhood directly.

9. Syzdek MR, Addis ME (2010). Adherence to masculine norms and attributional processes predict depressive symptoms in recently unemployed men. *Cognitive Therapy and Research 34(6), 533 to 543*. https://doi.org/10.1007/s10608-009-9290-6 tier 2, weak
   Small sample of 62 men from one city with a three month follow-up; it shows links, not cause.

10. Longhi S, Nandi A, Bryan M, Connolly S, Gedikli C (2024). Life satisfaction and unemployment--The role of gender attitudes and work identity. *Scottish Journal of Political Economy 71(2), 219 to 236*. https://doi.org/10.1111/sjpe.12366 tier 2, moderate
    UK data on a single life satisfaction rating; differences between groups are links, not cause; it included people who left work by choice.

11. Sterud T, Lunde LK, Berg R, Proper KI, Aanesen F (2025). Mental health effects of unemployment and re-employment: a systematic review and meta-analysis of longitudinal studies. *Occupational and Environmental Medicine*. https://doi.org/10.1136/oemed-2025-110194 tier 1, weak
    Observational studies with widely varying results and mostly self-report; the certainty of the evidence was rated low.

12. Neff K (2003). Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. *Self and Identity 2, 85 to 101*. https://doi.org/10.1080/15298860390129863 tier 2, weak
    A theory paper; its expected benefits were stated as predictions, not results.

13. Breines JG, Chen S (2012). Self-Compassion Increases Self-Improvement Motivation. *Personality and Social Psychology Bulletin 38(9), 1133 to 1143*. https://doi.org/10.1177/0146167212445599 tier 2, moderate
    Students and US online adults in single sessions, not people who were grieving; how long the effect lasts was not tested.

14. Kreemers LM, van Hooft EAJ, van Vianen AEM, Sisouw de Zilwa SCM (2020). Testing a Self-Compassion Intervention Among Job Seekers: Self-Compassion Beneficially Impacts Affect Through Reduced Self-Criticism. *Frontiers in Psychology*. https://doi.org/10.3389/fpsyg.2020.01371 tier 2, weak
    Small sample of mainly young, highly educated women, mostly not made redundant; effects were small and gone after a week.

15. Eisma MC, van Rhee L, Gast JA, Lenferink LIM (2026). Trajectories of grief following bereavement: a systematic review. *Anxiety, Stress, and Coping*. https://doi.org/10.1080/10615806.2026.2705416 tier 1, moderate
    Only 12 studies qualified, all of people after a death, and methods differ in how they find small groups.

16. Wen FH, Prigerson HG, Chou WC, Huang CC, Hu TH, Chiang MC, Chuang LP, Tang ST (2023). Comorbid Prolonged Grief, PTSD, and Depression Trajectories for Bereaved Family Surrogates. *JAMA Network Open 6(11), e2342675*. https://doi.org/10.1001/jamanetworkopen.2023.42675 tier 2, moderate
    One group of families at two hospitals in Taiwan after deaths in intensive care; the first check came at 6 months; self-report questionnaires only.