

# Episode Notes

## THE GRIEF JOURNEY: HEALING

### REFLECTION:

*“Without patience, you will never conquer endurance.”*

*-Yiannis Kouros*

### KEY POINTS:

- Healing from loss is definitely possible, despite what you might have heard to the contrary.
- Healing from loss will require your commitment and involvement, an openness to guidance and, of course, allowing sufficient time to complete your journey.
- Healing from loss means honoring and remembering your loved one well.
- Healing from your loss means opening the door to not just feeling better, not just functioning better, but living more fully again.

### STEPPING STONE:

Find a quiet calm setting to sit with your thoughts and ask yourself these questions:

- Where do I think I am in my grief journey right now? Do I relate to any of the first 3 stages (Surviving, Existing, Seeking)?
- Do I believe that healing from my loss is possible? Why or why not?
- When I think about healing, am I more focused on escaping my emotional pain or am I sensing that I am ready to move into a healing phase in order to live a more abundant life again?

### HEART CHECK

Date:

What have you been thinking and feeling today?

