

# Episode Notes

## I LOST MY SPOUSE & MY FRIENDS

### REFLECTION:

*When we lose our spouse, we lose so much more. There are many other losses that may result from their death, including long time friendships. Acknowledging them is important. And it doesn't mean you have done anything wrong.*

### KEY POINTS:

- When you lose your spouse, not only could you feel out of place at couple events, you may also feel unwelcome and are no longer included. Usually, they are uncomfortable and don't know what to do.
- Finding a community of people who do "get you" can be really helpful and there are ways to find them.

### STEPPING STONE:

- Have your relationships with other couples been negatively impacted since the loss of your spouse?
- Is there anything you can do about it? Can you share what your needs are and what you want to try to make them more comfortable? Should you reach out to them? Or should you just let these relationships go for now?
- Where might you find a community that "gets you"?

### HEART CHECK

Date:

What have you been thinking and feeling today?

