

Episode Notes

PERMISSIONS FOR GRIEVERS

REFLECTION:

“Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.”

– Brene Brown

KEY POINTS:

- As you mourn your loss, you may feel pressured directly and indirectly to behave or speak in ways that are at odds with your emotions and thoughts at those times.
- When your sense of socially acceptable behaviors is at odds with your true thoughts and feelings - the conflict creates stress and may form the bad habit of stuffing your emotions.
- To align your feelings, thoughts and behaviors in a healthy way - you must give yourself permission to tend to your needs appropriately in advance.

STEPPING STONE:

Please print out the “Permissions” Exercise for today and carefully follow the instructions. After you go through the permission list, be sure to thoughtfully answer the questions that follow.

HEART CHECK

Date:

What have you been thinking and feeling today?

