

# Episode Notes

## THE GRIEF JOURNEY: SEEKING

### REFLECTION:

*There are two ways to look at having the power to influence your life: Decisions are made as a result of your personal choices versus believing that decisions are made outside of your control. Adopting the former means taking responsibility to choose how to navigate what comes your way. Adopting the latter means letting go of the rudder and leaving life to fate. You get the choice of which philosophy to adopt.*

### KEY POINTS:

- A grief journey has several phases that every griever must experience if they are to heal and it can lead them, eventually, to actively living again.
- The phases we describe are not stair steps, and you will find yourself transitioning in and out of the phases.
- Moving to the seeking phase in pursuit of healing and living again is an intentional decision requiring commitment and not just an attempt at escaping pain.
- The seeking phase means that you want to find a path toward healing, and commit to staying on that path, so you can, ultimately, move through your grief toward intentional living again.

### STEPPING STONE:

- Are you still in a place of just getting through your days?
- Do you have a sense of being stuck and dissatisfied with life?
- Do you believe that healing is possible?
- Are you dissatisfied enough with your current life that facing the pain seems better than staying where you are?
- Have you spent time recently wondering if there is more ahead for you, and what that might look like?

### HEART CHECK

Date:

What have you been thinking and feeling today?

