

Episode Notes

PEOPLE GRIEVE DIFFERENTLY

REFLECTION:

We grieve the way we grieve, whether that makes sense to anyone else or not.

STEPPING STONE:

Are you judging someone else's grief or feeling judged for your grief? If so, please give the other person and yourself grace. Take note of the way you may be grieving differently and respect the differences. Don't try to change them.

HEART CHECK

Date:

What have you been thinking and feeling today?

