

# Episode Notes

## FILL THE VOID

### REFLECTION:

*"You can avoid reality, but you cannot avoid the consequences of avoiding reality."*

*-Ayn Rand*

### KEY POINTS:

- Don't try to numb your pain,
- Don't try to avoid your pain
- Don't seek any type of replacement
- **Do seek emotional healing and take your time.**

### STEPPING STONE:

- Consider this question: which of the unhealthy strategies we covered in this episode do you see yourself doing most often?
  
- If you identify with any of them, what is one step you can take today toward allowing yourself to grieve, rather than numb, avoid or substitute?

### HEART CHECK

Date:

What have you been thinking and feeling today?

