

Episode Notes

THE GRIEF JOURNEY: EXISTING

REFLECTION:

Gutting it out, just getting by, and going forward are three responses to circumstances. When we are just getting by, going forward seems miles away. In reality, going forward is just around the corner. The question is - when will you decide to look around the corner? When you are ready to look, you'll know whether or not you are ready to turn the corner.

STEPPING STONE:

Can you relate to any of the things we listed that you might be experiencing?

Would you describe yourself as “existing”? If not, how would you describe where you are at?

HEART CHECK

Date:

What have you been thinking and feeling today?

