

Episode Notes

WHEN FRIENDS AND FAMILY DON'T UNDERSTAND

REFLECTION:

It's really hard to understand something you don't understand.

KEY POINTS:

- It is common for people around you not to understand or “get what you are going through.”
- There is a lot you can do to help them help you.
- You can chose to be resentful or give them grace and listen with your heart and remember how you responded to grieving people before you lost your loved one.
- If there really are toxic people in your life, it may be time to reevaluate those relationships.

STEPPING STONE:

- Do I understand that most of the people around me have good hearts but have no idea what to do?
- How am I choosing to react to them? With resentment or grace?
- Did I behave better than them when my friends lost loved ones in the past?
- Are there people, who don't have good intentions, who may be toxic to you right now?

HEART CHECK

Date:

What have you been thinking and feeling today?

