

Episode Notes

IT JUST TAKES TIME

REFLECTION:

“Time only passes. It does nothing. It is what we do within time that affects the quality of our lives.”

-Grief Recovery Method

Action is critical because grief won't heal itself.

Healthy grieving is an active process.

STEPPING STONE:

Do you agree or disagree with what I've said? Why?

If you think it might be time for you to take some healthy action, check out our resources page or some of our other episodes.

HEART CHECK

Date:

What have you been thinking and feeling today?

