

# Episode Notes

## THE GRIEF JOURNEY: LIVING AGAIN

### REFLECTION:

*Really living again is the best way to honor the person you lost.*

### KEY POINTS:

- Your healing through grief isn't the end of your grief journey, but an active healing process will help prepare you for what's next - the Living Again Phase
- Your life story is never erased, nor do you reset your life. Rather you begin writing the next chapter.
- Living Again is about living after your loss with a new sense of purpose, recognition of newly gained strength, and a greater level of emotional and mental health, while still remembering your loved one.
- We will be there to walk alongside you, virtually of course, through all the phases of your grief journey in the MyGriefJourney Program.

### STEPPING STONE:

Please find a reasonably quiet place where you can sit and ponder these questions:

- What scares me the most about healing from my loss and really living again.
- If a miracle happened last night as you slept and you were fully healed through your grief journey - what might you find yourself doing differently today? Write about it as though you were really living again and how that looks different than how you are living now.

### HEART CHECK

Date:

What have you been thinking and feeling today?

