

Episode Notes

THERE ARE ORDERLY AND PREDICTABLE STAGES OF GRIEF

REFLECTION:

Grieving is a natural process and part of life. It is organic, unpredictable, and always unique. Grief is best pictured as a living breathing experience or journey without a finish line, or a check-off list of prescribed steps.

REMEMBER:

- Grieving a loss is different than anticipating your, or a loved one's, death.
- There are no orderly or predictable stages of grieving.
- Grievers don't have a check off list of steps to take after which they are healed.

STEPPING STONE:

Ask yourself:

- Do I have preconceived notions about what grieving should look like for me?

- Am I hoping to grieve as quickly, orderly and efficiently as possible?

- Do I worry that I am grieving the wrong way?

HEART CHECK

Date:

What have you been thinking and feeling today?

