

Episode Notes

TEARS ARE A SIGN OF WEAKNESS

REFLECTION:

*“Tears water our growth.”
-William Shakespeare*

*“There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief . . . and unspeakable love.”
-Washington Irving*

*“Don’t be ashamed to weep; ’tis right to grieve. Tears are only water, and flowers, trees, and fruit cannot grow without water. But there must be sunlight also. A wounded heart will heal in time, and when it does, the memory and love of our lost ones are sealed inside to comfort us.”
-Brian Jacques*

KEY POINTS:

- Try to not hold back the tears next time they come up and just allow them.
- Instead of saying “I’m sorry,” could you say, “I’m really missing my loved one right now. I know this may be uncomfortable for you. It is for me too.”
- When you suffer a “grief burst,” please remember that you are normal.

STEPPING STONE:

Where is your safe place to cry, and what might bring you some comfort as you cry, like my blanket did?

HEART CHECK

Date:

What have you been thinking and feeling today?

