

Episode Notes

THE GOAL IS TO GET OVER IT

REFLECTION:

Suppress grief and it stays. Face it, feel it, work through it, and it dissipates.

We don't move on or get over grief. We live forward with it.

STEPPING STONE:

If you are believing that you need to get over it or move on, how is it impacting you?

Do you believe that living forward or moving through grief means you are forgetting or betraying your loved one?

Are you allowing yourself to grieve well by GOING THROUGH the experience, acknowledging all feelings and emotions that arise?

HEART CHECK

Date:

What have you been thinking and feeling today?

