

Episode Notes

WHEN CARING PEOPLE SAY DUMB THINGS

REFLECTION:

How can we expect people to understand something they have no experience with? Look at their hearts and help them help you by kindly sharing what you need. Do not assume they should or would get it on their own. I know I didn't. Please help them.

STEPPING STONES:

- If friends or family have let you down, why do you think that is? Is it because they don't care, or is it that they don't understand, or they feel awkward?
- Are there people who are letting you down that have always been there for you in the past? They are more than this one let down; look at the whole relationship.
- How did you respond to grieving friends prior to your loss?
- Are there any toxic people around you that are causing you pain? These relationships may need reevaluating.

HEART CHECK

Date:

What have you been thinking and feeling today?

