

Episode Notes

PAIN WILL BE OVER SOON

REFLECTION:

The pain we feel in the wake of our loss must not be avoided. Our pain gives testimony to our loss, it represents the heart of our love story, and it serves as our uncomfortable but vital companion throughout our grief journey.

KEY POINTS:

- Pain associated with grieving is a real and a necessary part of the healing process
- The degree of pain we feel is proportional to the depth of our loss
- Pain may be amplified by the degree of life disruption and adjustments required
- There is no specific endpoint to emotional pain related to loss
- Healing is aided by allowing yourself to feel the pain and acknowledging it.

STEPPING STONE:

- Examine: Rate the depth of relationship you had with the loved one you lost (10 being highest).
- Consider: is the pain you have been feeling proportional to the depth of the relationship?
- Respond: Permit yourself to experience painful feelings without censoring them.

HEART CHECK

Date:

What have you been thinking and feeling today?

