

Episode Notes

INTRODUCTION TO THE GRIEF JOURNEY

REFLECTION:

The stories of our lives are written on the fly. Tomorrow cannot be written until tomorrow. Just like the weather, the circumstances of our lives are not within our control. But how we choose to respond to the circumstances of our life, allows us to author our personal life story. And the choice to superimpose our responses to what the world gives us moment by moment is called living.

KEY POINTS:

- Healing from loss requires that we go through a journey.
- The journey is individual and cannot be plotted or scripted in advance.
- There will be “phases” in your journey as you recover and heal.
- The journey will prepare you to truly live again.
- Living again will be experienced as a revised version of your life – a new chapter in your story.

STEPPING STONE:

When you are ready, begin to watch the individual videos on the phases of your grief journey – a trek that will lead you to healing and, eventually, living again.

HEART CHECK

Date:

What have you been thinking and feeling today?

