

Episode Notes

GRIEVERS DON'T NEED TO BE FIXED

REFLECTION:

*Grievers don't need to be fixed. They need to be heard and supported - and they need to grieve.
That's the only way to mend a broken heart.*

STEPPING STONE:

If you feel, or sense others feel like you need to be fixed, how can you shift your thinking and how would that impact you? How could that change your expectations of yourself and the grief journey?

HEART CHECK

Date:

What have you been thinking and feeling today?

