

### Relationships

### Loss/Death





### NFCS

### 3 Keys


<b>G</b>
<b>R</b>
<b>O</b>
<b>W</b>

<b>Rumination</b>				
<b>Acceptance</b>				
<b>Triggers</b>				
<b>Thoughts</b>				
<b>Reality</b>				
<b>Closure</b>				Total

### 7 Signs that You're Ready

Acceptance	1 2 3 4 5 6 7 8 9 10
Responsibility	1 2 3 4 5 6 7 8 9 10
No Blame - Others	1 2 3 4 5 6 7 8 9 10
No Blame - Self	1 2 3 4 5 6 7 8 9 10
Look For Lessons	1 2 3 4 5 6 7 8 9 10
Feel the Pain	1 2 3 4 5 6 7 8 9 10
Ready to Hear	1 2 3 4 5 6 7 8 9 10

### 8 Stages

Shock/Numbness	1 2 3 4 5 6 7 8 9 10
Emotions	1 2 3 4 5 6 7 8 9 10
Searching	1 2 3 4 5 6 7 8 9 10
Disorganization	1 2 3 4 5 6 7 8 9 10
Facing	1 2 3 4 5 6 7 8 9 10
Rebuilding	1 2 3 4 5 6 7 8 9 10
Integration	1 2 3 4 5 6 7 8 9 10
Meaning	1 2 3 4 5 6 7 8 9 10