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Take the time to truly understand what was lost and all of the emotions that are tied to that loss.

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Make the decision to sincerely embrace the emotions, the pain, the feelings and the entire grieving process.

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Put intentional effort into developing a plan that will lead you towards growth in those key areas.
(Acceptance, forgiveness, gratitude, confidence, contentment)

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Accept permission to feel the emotions, engage in all aspects of life and become the new you that you want to be!

Grieve Every Day!



Recognize

Explore

Feel

Accept

Forgive

	Type of Grief	Depth (Intensity X Impact)	The Impact	The Emotions	The Weight
	Name/Feel Emotions	Dispute	Detach	Forgive	Release
	Acceptance	Forgiveness	Gratitude	Confidence	Contentment
	Openness	Growth Needed	Permission	Plan	Action