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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!

#1
UNDERSTAND

#2
IDENTIFY

#3
EXPLORE

#4
FEEL

#5
RECOGNIZE

#6
ACCEPT

#7
FORGIVE

#8
EVOLVE

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