



## A FEW SIMPLE STEPS TOWARDS HEALING

- Acknowledge the loss
- Embrace and own the experience and the loss whatever you are feeling
- Allow yourself to experience ALL the emotions of grief
- Find ways to express your anger and pain in non-destructive ways
- Find supports. Build a support system of compassionate listeners
- Skip the self-judgment. Let the judgment of others pass through you without damage
- Forgive yourself for whatever you believe you have done or not done
- Release the hurts, the anger, the guilt. Be careful what you release. Once released, you cannot have that hurt, anger or guilt again
- Work TOWARDS healing
- Practice forgiving yourself for living.
- Concentrate on your loved one's LIFE, not the death
- Discover the person you are NOW
- Begin to release the hurt in search of HOPE
- Never, ever, ever forget your loved one LIVED!
- **MAY LOVE BE WHAT YOU REMEMBER THE MOST**

