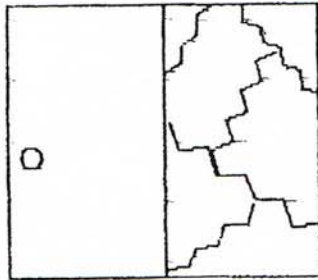


Grief and Loss

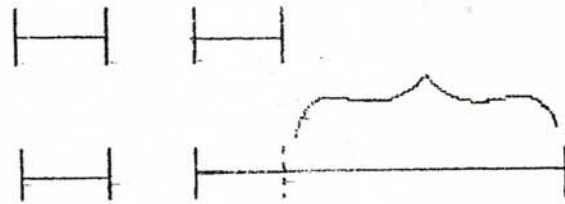
False Messages:

1. Its not OK to feel
2. Replace the loss
3. Grieve alone
4. It only takes time

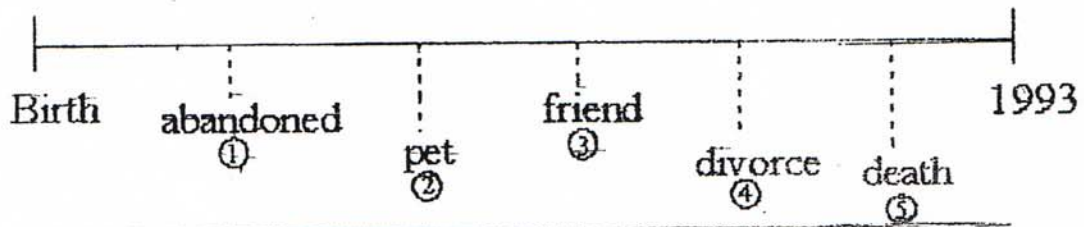
Emotions



Event → Thought → Feelings → Action



Loss Graph



Worse Pain and Loss

Journal to Process Pain / Believe Truth

1. Identify the losses
2. Label and number each
3. Journal feelings / thoughts (then & now)
4. Reframe in the Truth