

HELPS FOR THE ROADBLOCKS:



- **AWARE ACKNOWLEDGE ACTION**
 - **Allow self to embrace, experience ALL of the emotions of grief**
 - **Claim the guilt, anger, pain**
 - **Find ways to express, in non-destructive ways, the emotions**
 - **Find, built support systems other than family**
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- **Skip the self-judgment**
 - **Forgive self for whatever you believe you have/have not done**
 - **Release the hurts, anger, guilt. Cannot have them back.**
 - **Work TOWARDS healing**
 - **Forgive SELF for LIVING**
 - **Concentrate on your loved one's LIFE, not death**
 - **Discover the person you are beginning to become**
 - **RELEASE THE GUILT OVER NOT SAYING GOOD-BYE**
 - **Make a Blessing BOX**

**GRIEF ISN'T A SEASONAL SONG.
IT'S A LIFETIME SONG, BUT IT
DOESN'T HAVE TO BE A SAD
SONG FOREVER**

