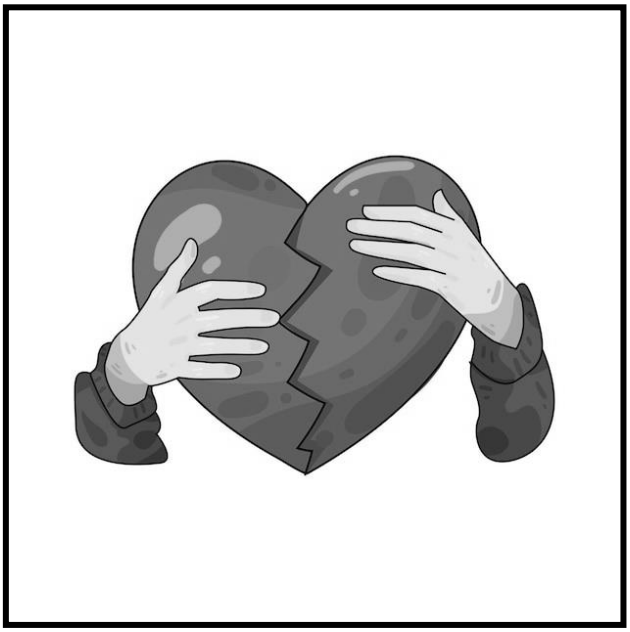
HEALING THE HEARTACHE OF GRIEF

CREATED BY GALLERY OF HOPE

HEALING THE HEARTACHE OF GRIEF



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STRENGTHS THAT WILL GET ME THROUGH THIS

WHAT ARE MY PERSONAL STRENGTHS & STRENGTH THOSE AROUND ME PROVIDE?

MY STRENGTHS	STRENGTH OTHERS GIVE ME
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POSITIVE THINGS I CAN DO TO GET THROUGH THIS TIME

LIST POSITIVE THINGS I CAN DO TO HELP MYSELF: LIKE ACTIVITIES/SUPPORT GROUPS

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CHANGE CAN BE DIFFICULT BUT I HAVE STRENGTH TO HEAL & ACCEPT IT!

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DATE I'M DREADING & HOW IT RELATES TO MY LOST LOVED ONE(S)

AFTER A LOSS, SPECIAL DATES MOST OFTEN WILL INCREASE SYMPTOMS OF GRIEF

DAY I'M DREADING & WHY?_____	**HOW WOULD I LIKE THE DAY TO GO?** ___
DAY I'M DREADING & WHY?_____	**HOW WOULD I LIKE THE DAY TO GO?** ___
DAY I'M DREADING & WHY?_____	**HOW WOULD I LIKE THE DAY TO GO?** ___
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DAY I'M DREADING & WHY?_____	**HOW WOULD I LIKE THE DAY TO GO?** ___
DAY I'M DREADING & WHY?_____	**HOW WOULD I LIKE THE DAY TO GO?** ___

GRIEF CAN CAUSE MANY DIFFERENT EMOTIONS AND FEELINGS

WRITE DOWN FEELINGS AS THEY APPEAR AND THINK ABOUT WHY I'M FEELING IT

I'M FEELING . . .	WHY AM I FEELING LIKE THIS?
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WHEN SADNESS & GRIEF ARE OVERWHELMING

WRITE DOWN MY THOUGHTS, WHAT I'M MISSING MOST, WHAT I'M FEELING, ETC.

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GOD - WHY AM I GOING THROUGH THIS?

WRITE A LETTER TO GOD TELLING HIM HOW I'M DOING, FEELING, ETC, & ASK WHY?

NOTES TO MYSELF TO READ LATER:

I'M SO ANGRY AT YOU GOD - WHY ARE YOU LETTING THIS HAPPEN TO ME?

GET IT ALL OUT - WRITE A LETTER TO GOD TELLING HIM EVERYTHING/ASKING WHY

WHY AM I FEELING SO ANGRY TOWARDS GOD? WHY AM I BLAMING HIM?/NOTES

THINGS I MISS ABOUT MY LOVED ONE

THINK ABOUT THE REASONS WHY I LOVE THIS PERSON, AND WRITE THEM DOWN

WHEN STRONG WAVES OF SADNESS OCCUR, CUDDLE WITH A PILLOW & READ THIS LIST

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IT'S OK TO HAVE JOY AFTER LOSING A LOVED ONE! KEEP LIVING LIFE!

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WHAT I'M MISSING ABOUT MY LOVED ONE?

WRITE DOWN WHAT I'M MISSING AND WAYS I CAN MINIMIZE THE GRIEF

THINGS I MISS ABOUT _____	WHAT CAN I DO TO MINIMIZE MY GRIEF?
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I'M SO ANGRY AT YOU GOD - WHY DID YOU TAKE MY LOVED ONE(S)?

GET IT ALL OUT - WRITE A LETTER TO GOD TELLING HIM EVERYTHING/ASKING WHY

WHY AM I FEELING SO ANGRY TOWARDS GOD? WHY AM I BLAMING HIM?/NOTES

THINGS TO REMEMBER ABOUT _____

WRITE DOWN THINGS THAT MADE THIS PERSON SO SPECIAL TO ME

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MEMORIES ARE JOYFUL! MY LOVED ONE LIVES IN MY HEART & MIND!

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MAKING IT THROUGH SPECIAL DATES OF A LOVED ONE

BIRTHDAY, ANNIVERSARY, AND ANY OTHER SPECIAL DATE ASSOCIATED WITH A LOVED ONE THAT HAS PASSED ON CAN BE CHALLENGING TO GET THROUGH. WHAT CAN I DO TO CELEBRATE THIS PERSON? USE IDEAS THAT MAY HELP MY GRIEF.

WHAT DID THIS PERSON ENJOY?	**SHARE SPECIAL MEMORIES**
WHAT WAS THEIR FAVORITE DESSERT?	**SHARE SPECIAL MEMORIES**
WHAT MADE THEM SO SPECIAL?	**SHARE SPECIAL MEMORIES**
SPECIAL PLACES/TRADITIONS WE SHARED?	**SHARE SPECIAL MEMORIES**
IDEAS FOR DOING SOMETHING SPECIAL	**SHARE SPECIAL MEMORIES**

TURNING AN ASSUMED "GLOOMY" DAY INTO A GOOD ONE

INSTEAD OF DREADING AN ASSUMED TO BE "BAD/GLOOMY" DAY OR DATE -
GET PREPARED FOR IT, KNOW IT'S COMING, AND MAKE THE DAY AS BEST AS POSSIBLE.

ACTIVITIES I CAN DO	EVENTS I CAN GO TO

WAYS TO RELAX/REMAIN CALM	THINGS I CAN DO WITH FRIENDS/FAMILY

CHECKLIST	WAYS TO REMEMBER MY LOVED ONE

BEST MEMORIES OF MY LOVED ONE

WRITE DOWN MY MOST FAVORITE MEMORIES AND FEEL JOY WHILE DOING IT

MEMORY:	**MEMORY:**
MEMORY:	**MEMORY:**
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MEMORY:	**MEMORY:**

POSITIVE STATEMENTS I WILL SAY TO MYSELF EVERY DAY

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I'M STRONG! I WILL GET THROUGH THIS CHALLENGING TIME!

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WHAT ARE MY FEARS ABOUT LOSING A LOVED ONE?

WHAT FEARS AFFECT MY THOUGHTS & FEELINGS ABOUT MYSELF AND LIFE?

WHAT FEARS AM I HAVING NOW THAT _____ IS GONE AND NOT HERE?

THINK ABOUT WHAT I MAY BE ABLE TO DO TO OVERCOME EACH FEAR.
IF NEEDED, RESEARCH HOW TO DEAL WITH FEAR WHEN A LOVED ONE PASSES AWAY?

MY FEAR: **HOW CAN I OVERCOME IT?**	**MY FEAR:** **HOW CAN I OVERCOME IT?**
MY FEAR: **HOW CAN I OVERCOME IT?**	**MY FEAR:** **HOW CAN I OVERCOME IT?**
MY FEAR: **HOW CAN I OVERCOME IT?**	**MY FEAR:** **HOW CAN I OVERCOME IT?**
MY FEAR: **HOW CAN I OVERCOME IT?**	**MY FEAR:** **HOW CAN I OVERCOME IT?**

FEAR CAN STOP ME FROM TRYING NEW POSITIVE THINGS, MEETING PEOPLE, ETC.
THIS CAN LEAD TO THINGS LIKE REGRET, NEGATIVE THOUGHTS, AND LONELINESS.

SINCE FEAR CAN ALSO CAUSE THINGS LIKE WORRY, ANXIETY, PTSD, AND PHOBIAS,
SUPPORT FROM A MENTAL HEALTH SPECIALIST MAY BE NEEDED TO FULLY HEAL.

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WHAT ARE MY FEARS ABOUT LOSING _____?

WHAT FEARS AFFECT MY THOUGHTS & FEELINGS ABOUT MYSELF AND LIFE?

WHAT FEARS AM I HAVING NOW THAT _____ IS GONE AND NOT HERE?

THINK ABOUT WHAT I MAY BE ABLE TO DO TO OVERCOME EACH FEAR.

IF NEEDED, RESEARCH HOW TO DEAL WITH FEAR WHEN _____?

MY FEAR: **HOW CAN I OVERCOME IT?**	**MY FEAR:** **HOW CAN I OVERCOME IT?**
MY FEAR: **HOW CAN I OVERCOME IT?**	**MY FEAR:** **HOW CAN I OVERCOME IT?**
MY FEAR: **HOW CAN I OVERCOME IT?**	**MY FEAR:** **HOW CAN I OVERCOME IT?**
MY FEAR: **HOW CAN I OVERCOME IT?**	**MY FEAR:** **HOW CAN I OVERCOME IT?**

FEAR CAN STOP ME FROM TRYING NEW POSITIVE THINGS, MEETING PEOPLE, ETC. THIS CAN LEAD TO THINGS LIKE REGRET, NEGATIVE THOUGHTS, AND LONELINESS.

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WHAT ARE MY ANXIETY/FEAR SYMPTOMS?

GRIEF OF LOSING SOMEONE OR SOEMTHING CAN CAUSE MANY TYPES OF SYMPTOMS, WRITE DOWN SYMPTOMS I'M EXPERIENCING, ESPECIALLY THOSE OF ANXIETY/FEAR.

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GRIEF IS HARD, BUT I WILL RECOVER! HEALING THE HEART TAKES TIME!

THINKING ABOUT MY FEAR(S)

WHEN THINKING ABOUT MY FEAR(S), WHAT FEELINGS & THOUGHTS SHOW UP?

THOUGHTS & FEELINGS ABOUT FEAR	MAKE IT A POSITIVE STATEMENT
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GRIEF CAN CAUSE SYMPTOMS OF ANXIETY, FEAR, PTSD, RESTLESSNESS, ETC
WHEN I FEEL THIS WAY, WHAT CAN I DO TO RELAX/STAY IN THE MOMENT?

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I WILL LEARN WHAT HELPS TO CALM ME! I WILL TAKE DEEP BREATHS!

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GOING PLACES CAN CAUSE ANXIETY, FEAR, WORRY, OR RESTLESSNESS
WHEN I FEEL THIS WAY, WHAT CAN I DO TO RELAX/STAY IN THE MOMENT?

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I WON'T FEAR! I WILL GO PREPARED! I CAN HANDLE THIS!

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INFORMATIVE VIDEOS/PODCASTS THAT HELP MY GRIEF

YOUTUBE/SOCIAL MEDIA SITES CAN BE GOOD TOOLS FOR FINDING HEALING INFO.

TOPIC/TITLE	WEBSITE/SOCIAL MEDIA INFO
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NOTE: TO PREVENT ACCIDENTLY LOSING A GOOD VIDEO, MAKE A FOLDER IN YOUR EMAIL ACCOUNT TITLED HEALING INFO (OR WHATEVER YOU WANT TO CALL IT), THEN EMAIL YOURSELF THE LINKS BEFORE WRITING THEM DOWN.

RELAXATION TECHNIQUES TO HELP SYMPTOMS OF GRIEF

WHEN I START TO FEEL INTERNAL OR PHYSICAL SYMPTOMS INCREASING,
WHAT HELPS ME TO RELAX AND STAY IN CONTROL OF MY ACTIONS AND THOUGHTS?

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FINDING A BALANCE BETWEEN STRESS & RELAXATION IS IMPORTANT!

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WHEN IT FEELS LIKE I'M BEING DEFEATED BY LIFE & GRIEF

SYMPTOMS OF GRIEF CAN MAKE IT CHALLENGING TO EXPERIENCE LIFE AND THE GOOD THINGS THAT IT STILL HAS TO OFFER. THINK ABOUT AND WRITE DOWN WHAT POSITIVE ACTIVITIES/ADVENTURES I'M WILLING TO DO OR AT LEAST TRY, MAKE A BUCKET LIST

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THINGS THAT HELP ME REMAIN STRONG WHILE HEALING WITH GRIEF

WRITE DOWN WHAT ACTIVITIES, PEOPLE, ITEMS, ETC, HELP ME STAY STRONG

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ENJOY/TREASURE GOOD TIMES, ACCEPT THE BAD, KEEP HOPE WITHOUT FEAR, KNOW THAT IF THERE IS NO HEALING/ANSWERS TO PRAYER, IT'S OK, IT'S TIME

THERE IS A SEASON FOR EVERYTHING,
AND A TIME FOR EVERY MATTER UNDER THE HEAVEN.

A TIME TO BE BORN,
AND A TIME TO DIE.

A TIME TO PLANT,
AND A TIME TO PLUCK UP THAT WHICH WAS PLANTED.

A TIME TO DESTROY,
AND A TIME TO HEAL.

A TIME TO BREAK DOWN,
AND A TIME TO REPAIR.

A TIME TO WEEP,
AND A TIME TO LAUGH.

A TIME TO MOURN,
AND A TIME TO DANCE.

A TIME TO DEMOLISH,
AND A TIME TO BUILD.

A TIME TO EMBRACE,
AND A TIME TO REFRAIN FROM EMBRACING.

A TIME TO GET,
AND A TIME TO LOSE.

A TIME TO KEEP,
AND A TIME TO THROW AWAY.

A TIME TO RIP,
AND A TIME TO SEW.

A TIME TO KEEP SILENT,
AND A TIME TO SPEAK.

A TIME TO LOVE,
AND A TIME TO HATE.

A TIME OF WAR,
AND A TIME OF PEACE.

ECCLESIASTES 3:1-8