



Remember...

The way out of grief is through it.

The very worst kind of grief is yours.

Grief is hard work.

Effective grief work is not done alone.

~ Life After Loss, by Bob Deits

Riding the Healing Wave

Rises Up, Express in Truth

- Emote anger, sorrow, grief, frustration, other
- Speak, yell, say what needs to be said

Crests & Breaks, Open the Release Valve

- Feel your feelings
- Cry your tears
- Empty it all out

Unresolved Situation
percolating beneath the surface

Subsides, Ride it Out Onto the Shore

- Breathe
- Receive from Jesus, let Him fill you
- Check in, notice how you feel now

De Yarrison @youaremadenew