

# What Is Growing From Grief?



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- Growing From Grief is about choosing to take action in response to grief you may have experienced in your life.
- Growing From Grief is all about accepting the fact that you cannot do anything about losses that are out of your control but YOU CAN learn and grow from your losses and choose how you want to respond.
- It's about claiming your circumstances instead of your circumstances claiming you!



# What causes grief?

Growing From Grief is about understanding the many losses that can happen in our life that can cause the experience of grief.

Loss is inevitable

It's about understanding that if you don't have an effective way to process the emotions they will leave you suffering and stuck. They will have a negative cumulative effect on your life and inevitably decrease your ability to enjoy the peace and happiness you deserve and I know you want.





# Have You Experienced Any Of These Loses?

- Did you move more than twice before the age of 10?
  - Did you ever have a pet die?
  - Have you experienced a major change in financial conditions either positive or negative?
  - Have you ever quit a job or been fired or lost a business?
  - Have you ever been married or divorced?
  - Did you graduate from high school or college?
  - Have you experienced the death of a family member?
  - Were you sexually or physically abused during childhood or as an adult?
  - Have you ever been involved with a miscarriage, stillbirth or abortion?
  - Have you ever experienced the death of a spouse?
- Do you have a strained or painful relationship with a living, spouse, or friend?
  - Do you harbour any resentments or ill-feelings toward a deceased parent(s), spouse, friend, or relative?
  - Have you ever experienced the loss of use or function of any part of your body?
  - Are there long stretches of your childhood that you cannot remember?
  - Have you experienced a series of illnesses or accidents?
  - Have you been involved in a series of unsuccessful relationships?
  - Have you ever experienced a loss of trust from a relative, spouse or friend?



# What Makes Growing From Grief work?

- Growing From Grief is about discovering all of the events you've experienced in your life that may have caused an experience of loss.
- Some may be tangible losses such as death or divorce.
- Some may be intangible losses such as loss of trust.
- It's important to be aware of what they are.





# What Makes Growing From Grief work?

- I'm sure you've heard the term... what you resist persists.
- In the process of Growing From Grief, we go through the process of fully acknowledging and then fully allowing the emotions and feeling that you have likely been holding onto inside leaving you stuck with the pain.
- It's ok to feel sad from time to time and talk about feelings no matter how people around you react. And it's important to forgive the people around us for not knowing how to react and what to say.



# Does Letting Go Mean Forgetting?

- Then we will go through an effective and heartfelt process of letting go.
- Letting go does not mean forgetting or moving on.
- Letting go means letting go of the pain, regret and remorse and holding on to all of the precious memories and moving forward without the fear of being hurt again.





# Healing Your Broken Heart

When you can heal your broken heart this will allow you to fully participate in all of your relationships.

