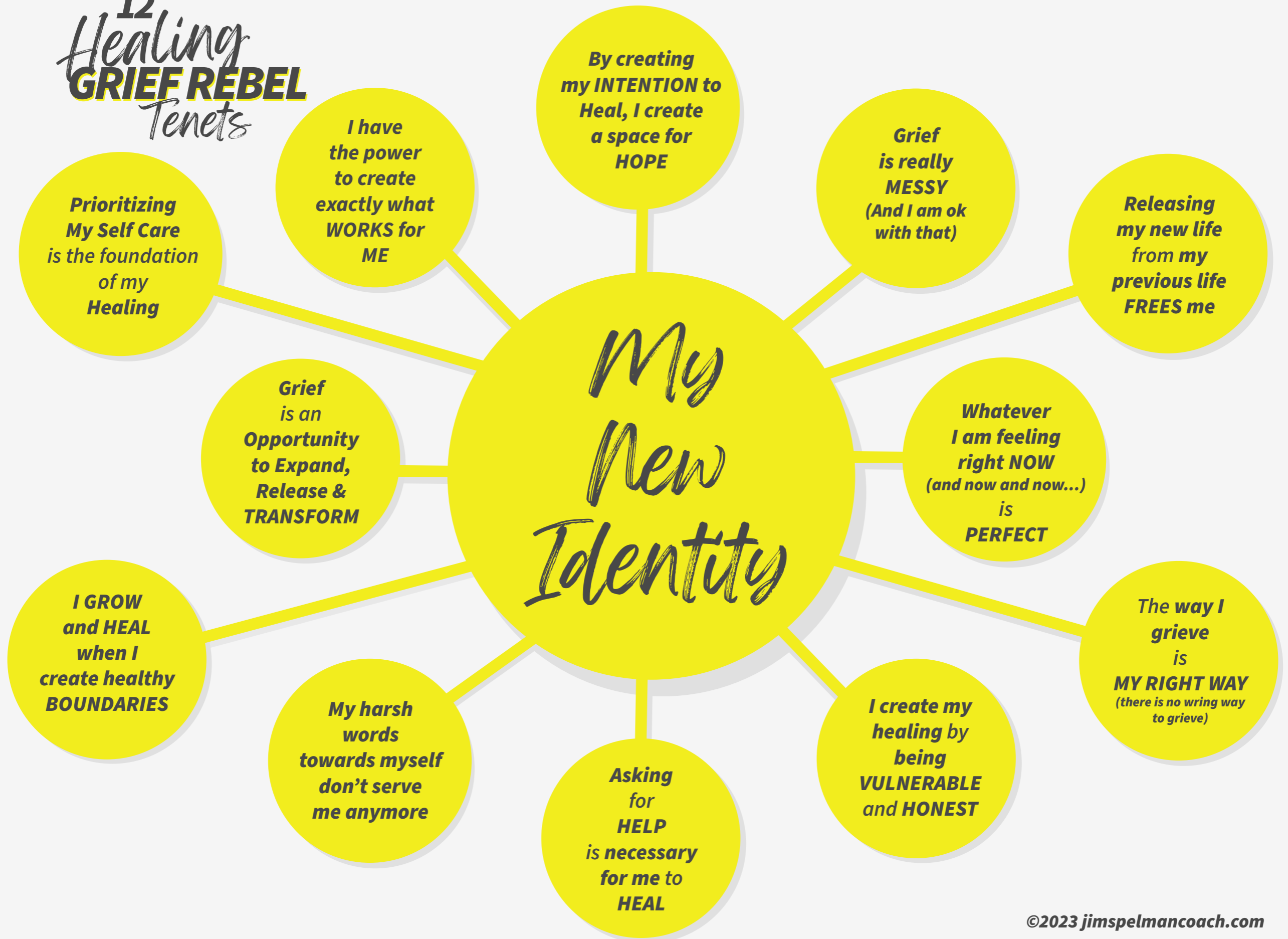


12
Healing
GRIEF REBEL
Tenets



***Grief
is really
MESSY***

***(And I am ok
with that)***

12
Healing
GRIEF REBEL
Tenets

Grief is simply messy. Accepting the mess takes away a layer of upset. How? The mess of grief can be disconcerting, uncomfortable and at times even frightening. If we're immersed in our grief feelings, and then on top of that we're scared of its messiness, then we add a thickened emotional layer. Accepting the tenet that 'Grief is Messy and I am Ok with that' helps to smooth those added gnarled self-judgment edges. When you're in the mess of grief, know the mess is normal. You're normal. You're doing the very best you can. You ARE going to be ok.

¹²
Healing
GRIEF REBEL
Tenets

Grief
is an
Opportunity
to Expand,
Release &
TRANSFORM

You may temporarily be just getting by, just surviving or just holding on. Yes. But when you choose to grieve and to heal, you are always shifting, changing, and emerging even if in miniscule, undetectable increments. I PROMISE that grief IS an opportunity to grow. I promise that your digging, your outpouring, your courage and your profound effort are repairing, molding, sculpting and creating a new, more authentic, more real, and, yes, eventually, a more joyous you.

***I have
the power
to create
exactly what
works
for ME***

¹²
Healing
GRIEF REBEL
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As we ask more healing questions and become more trusting of ourselves to choose enriching and expanding beliefs even in deep grief, we begin to piece our lives together a bit at a time. With intention (knowing that we're doing the best we can at any moment), we become more adept at gathering and discerning which ideas, beliefs and truths work for us and our new identity. Over time, we harness and create more and more and more of what truly works for us.

***Prioritizing
my Self Care
is the
foundation
of my
Healing***

When we prioritize wholly taking care of ourselves, we learn to refuel. When we're refueled, we're more able to process our feelings and live more fully. When we live more fully, we actually have energy to use to thrive (not just survive). Most importantly, we learn that the world (including our kids, families and work) actually not only survive but FLOURISH when self care is our top priority!