

12
Healing **Widow**
GRIEF REBEL™
Tenets

HEALING
KICKSTARTER KIT

A Powerful Healing Framework
created and written by

Jim Spelman

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Are you a Healing Widow Grief Rebel?

When we create a space for healing, we're brave. When we're brave we search for a way that works better for us than the way we're doing it now. No matter how you're feeling and how you're grieving, you are here because you know there's something more...something expanding...something healing...something transforming. Healthy rebellion is going against the grain, trying new things, and going outside of your comfort zone. As a Widow Grief Rebel, you're here...with a little fiesty questioning perhaps, some deep emotions and pain and maybe even a little curiosity for a new way. Rebels transform their worlds and that, my widowed partner in healing, is exactly what you're doing at this exact moment.

¹² *Healing* Widow **GRIEF REBEL** *Tenets*

HEALING KICKSTARTER KIT

***You have
enough
on your
plate.***

***The Tenets are
in no particular order.
Trust that you'll feel the
ones that resonate.
Follow your curiosity
to healing.***

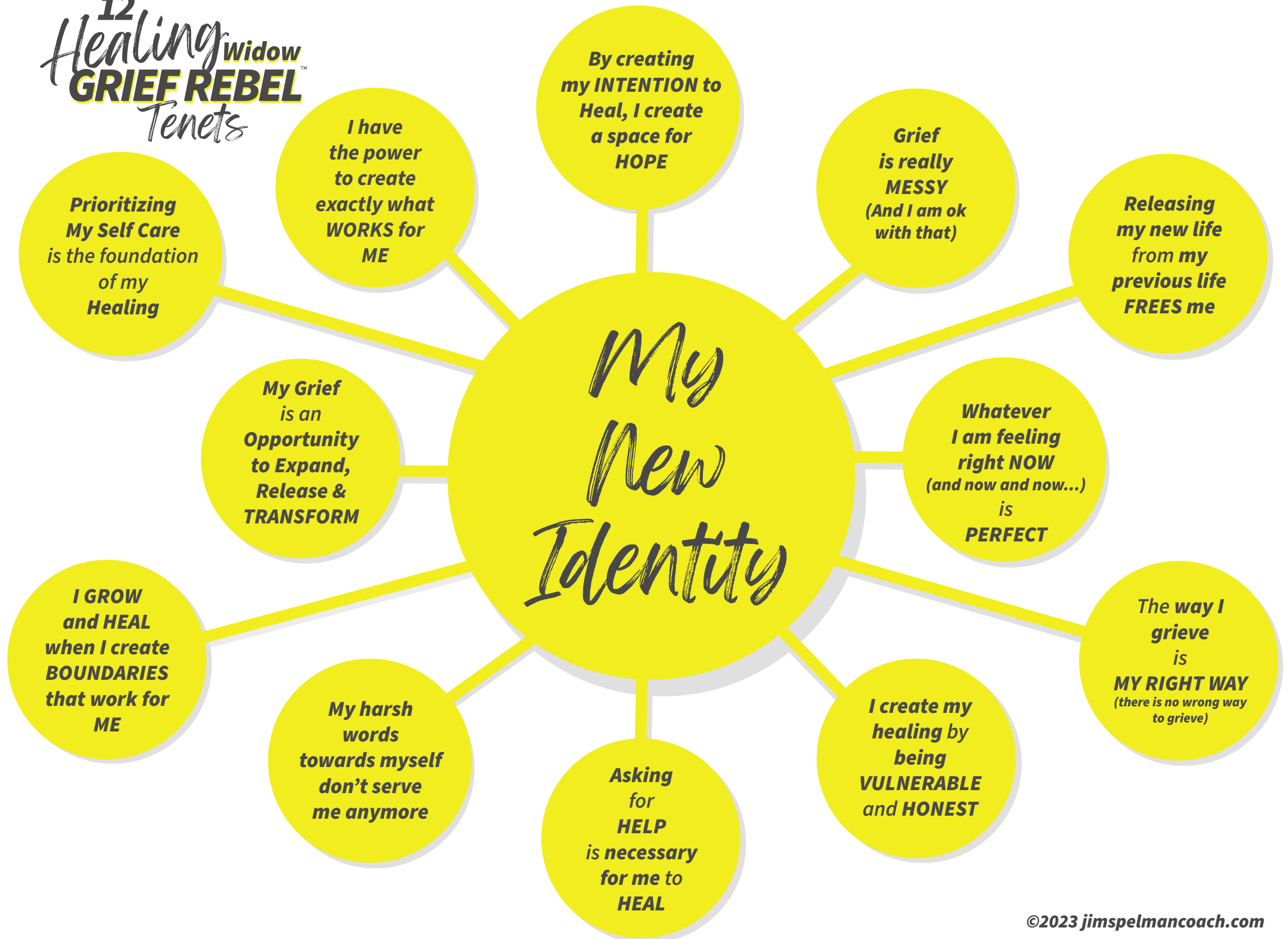
***You don't
need to
memorize
these
principles.***

***They will
show up
for you at
exactly the
right time.***

12 Healing *Widow* **GRIEF REBEL**™ Tenets

***The following
printable poster pages contain the healing
principles you'll need to fuel
your healing journey.***

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Healing Widow
GRIEF REBEL™
Tenets



Grief is really MESSY

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

¹²
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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 judgement 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.

***Whatever
I am feeling
right NOW***

***(and now and now...)
is***

PERFECT

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Can you lean into believing that whatever you're feeling is PERFECT for you no matter the intensity and no matter the length? We're certainly not taught this. By giving yourself permission to feel and feel fully you are giving yourself permission to release stuck emotions and to heal. Feel the anger, guilt, pain, numbness, confusion and hurt. Feel your joy, surprise, delight, ease and freedom. Release yourself from the pain and guilt of judging that you're feeling it wrong. You are feeling it just right at the right time for just the right length FOR YOU.

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***The way I
grieve
is
MY RIGHT WAY***

***(there is no wrong way
for me to grieve)***

¹²
Healing ^{Widow}
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You are doing the very best that you can for yourself right now. Your grief way is yours. No matter what you've been taught or what you have taken on as beliefs about grief, the truth is that there is no wrong way to grieve. Although there are universal truths about grief, we all--every one of us--grieve in our own unique way. So to the best of your ability, from this point forward, please give yourself permission to know that you are not grieving the wrong way, insufficiently, too much, too long or too little. You are now officially grieving expertly, poignantly, poetically and gracefully in the perfect way for YOU.

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***Asking for
HELP
is necessary
for me to
HEAL***



We've been conditioned to believe that if we ask for help, ask the wrong way, or ask for something too 'big' we are being a burden, being impolite or even being inappropriate. Especially during grief, we feel we're risking more upset and rejection and complicating our already unbearable situation, even by thinking of asking for help. But the truth is (and this is hard to digest at times) that in order for us to heal, we need learn how to seek, to ask for AND to receive help in all forms: healing, practical, physical, care and emotional.

Prioritizing my Self Care is the foundation of my healing



Contrary to popular belief, self care is NOT selfish. Counterintuitively, healing evolves and expands the more we take care of ourselves. (Think Widow Grief Rebel at our best.) When we prioritize 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 will FLOURISH when we put ourselves first!

***By creating my
INTENTION
to HEAL,
I create
a space for
HOPE***



Hope is a powerful healing force that can be overshadowed, darkened and even hidden from our hearts and souls. But can we really 'lose' hope? If it does disappear, where does it go? Hope, even in our darkest, most painful moments, isn't really gone. We feel like it's vanished. But, in truth (even though it feels difficult) we still have access to hope at every moment. I invite you to experiment with the belief that when we create the intention to heal (to breathe, to take a step, cry, see the sun, feel gratitude, get a massage, schedule a coaching session, release emotions, take a nap, smile, pet an animal, etc.) we are creating a space for hope to emerge.

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



It's a wild, new experiment in grief and healing as we choose to keep the components that serve us, while releasing the threads that we no longer hold true for ourselves. While this 'repiecing' process can be confusing, daunting and exasperating as the fabric of our life has literally been torn apart, it's for this exact reason that grief counterintuitively provides a 'vacuum space'--a space riddled with the pieces of us--as an opportunity to pick and choose the shreds and stitch them into a more authentic fabric that WORKS FOR US NOW.

My Grief is an Opportunity to Expand, Release & TRANSFORM

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When in the throes of deep grief or new grief it may be hard or impossible to see your pain, suffering, crying, confusion and disbelief as an opportunity. I am IN NO WAY invalidating or minimizing our authentic, vulnerable grief journeys here. But the truth is, by choosing to feel, to immerse and to release, even though it may feel like you are spinning and contorting relentlessly in one spot, you are NOT standing still, going backwards, reversing into, regressing or stopping. You may temporarily be just getting by, just surviving or just holding on. Yes. But when you choose to heal you are powerfully creating...POWERFULLY TRANSFORMING. Though often you can not feel the transformation, when you choose healing you inevitably shift, change, and expand even if in miniscule, undetectable increments.

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***I GROW
and HEAL
when I create
BOUNDARIES
that work for
ME***



In grief, because of our weakened emotional boundary system we'll often do things out of desperation, exhaustion and for the need of 'filling up' or 'filling a void'. We know when we're working outside of our healthy emotional boundaries as we're left feeling anxious, unprotected and fearful. The great news is that even during intense grief, you can create emotional boundaries that work for you. These are the ones we set that allow us to say 'no' and mean it. They're the ones that create our relationship safety rails and protect us. This tenet, especially, requires utilizing several tenets simultaneously, especially 'Asking for Help is Necessary for Me to Heal.'

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***My harsh
words
towards
myself
don't serve
me anymore***



We have two inner voices: our ego, critical harsh voice and our true, encouraging voice. Even though grief has blown our world apart, our critical harsh voice still persists as it thrives on confusion, drama and negativity. In turn, though, grief and healing gives us a unique space to hear more of our true, loving voice. Within this space of grief vulnerability we can create, coax and allow our calming voice to unconditionally love us and cheer us on. The truth is, now more than ever, you DESERVE to listen more closely to your true voice as your harsh voice doesn't work to help you heal and create the more authentic you.

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*I create my
healing by
being*
VULNERABLE
and HONEST



Opening and searching within the pain, within the confusion and within the angst of grief is the work of healing. This work of diving deep into the crevices, folds and cracks of you, requires the willingness to be truly exposed, truly open and truly vulnerable. This work requires that we be honest with ourselves in a way that we may have not experienced before. Through this grief vulnerability and new self honesty we begin to expand our healing and deepen our healing journey inevitably emerging as a truer, more authentic version of ourselves.

***Releasing
my new life
from my
previous life
FREES me***



As humans we compare. As widows comparing our life after the death of our partner or spouse with the life we created before their death is a natural and normal part of our grief process. We compare so that we can remember scenes, snippets and details of our past life. We compare to prove to ourselves how much we cared and how much we loved. But even though it's an inherent natural process, comparing almost always leads to anxiety, tightness, sadness and guilt restricting our healing process. When we release ourselves from this comparison loop, we free ourselves to move, to search, to experiment and to heal more fully.

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Jim Spelman's Widow Grief Rebel Journey

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My deep compassion for you and your widow journey comes directly from having lived my own painful, adventurous, crazy widow life. In 2002, my wife Karen of six years died at the age of 30 giving birth to our son, Leo. Leo was born with multiple challenges and is twenty-one now. I'm remarried to Jeri who has a special needs son, also, named Zach. (That's how we met and that's a story in itself!) We live a full, reimagined, redesigned life in the Chicago area with our two cats Chase and Farley.

I have a teaching, coaching and training background and have coached and helped many, many widowed people like you grieve, heal and transform. The '**12 Healing Widow Grief Rebel Tenets**' are all the learnings, tools and ideas woven into a healing framework that I've gathered over the years as I, too, have felt, cried, anguished, built, created and transformed. I'm honored that you are here. Please reach out. I'm here as your partner in healing.



**HEALING
KICKSTARTER KIT**

My Invitation to You

My sole (and soul) mission is to help you.

I offer a free, (absolutely no obligation) 45 minute
discovery call.

Bring a challenge, a question or two, some fiesty widow
grief rebellion or just plain talk.

You WILL receive value and healing.

If this resonates (or even if you feel the slightest pull or
thread of curiosity) **CLICK HERE** to schedule your call.

SCHEDULE MY FREE CALL