

## SESSION 1 - Learn to communicate your needs in asking for help and consistent support beyond the obvious

Communicating your needs;

I. Acknowledge what you need in physical and emotional support

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II. Write a list of people who you could ask to help you and the possible task they could help you with

Physical Activities; (example; help with yard work, financial matters, employment)

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Emotional Activities; (example; Who can I call for support when I'm feeling lonely)

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Did you receive your grief support cards from me? If not email: [joanne@heartachetohealing.com](mailto:joanne@heartachetohealing.com)

III. Pass out at least five (5) support cards to people you know will be apart of your on-going support system;

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**Don't let your loss be the defining moment of your life.**

**With that said, I believe the ultimate courage is to learn from our losses.**

**The question everyone asks is – How do I lessen the pain?**

- The pain of grief must be felt and experienced to be free from it
- The truth is, the faster you experience it, the quicker you have more of the non-grieving times.
- As you know grief comes in waves and as much as it hurts its normal to experience the emotions like anger, sadness, guilt, fear for your body to process the grief
- TIP – if you find one of those waves and you're overcome with grief, practice being in the "present moment" – find something to pay attention to. It will change the place where your mind was into the thing you focused on

**The other question everyone asks me – will it ever get better?**

- Yes – in time

**What would your days look like if you were happy and not thinking about your loss all the time?**

**Is there anything that gets in the way of your moving forward?**