

Session 4 - Rediscover who you were before you were married

Who am I?

You feel off balance, no longer defined as a wife/husband. The first time you have to fill out an application where you check the boxes on your marital status and you check the "Widow" box your heart breaks and you wonder what your life will mean.

*"We have new and relevant gifts to offer,
Not in spite of, but rather because of our loss"*

~ Miriam Neff

In general, what do I want? What do I want to do with my time?

If applicable, where do I want to live? Who do I want to be near? Is selling my home an option:

What do I want from my life? (you may know or you might have to come back to this one)

Make a list of 10 thing you LOVE (*Trust your gut on this example, cooking, writing, canoeing, teaching, photography*)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Make a list of 10 things you LOVED to do before you were married (*who were you when you were single*)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Make a list of 10 things you're good at (*Be bold & brag about yourself*)

This exercise will help you to affirm your worth, teach you to continue to do things you're good at

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Have other people told you that you're good at this or that?

Next time someone compliments you, take it to heart. Embrace the gifts God gave you.

Now think, what did your spouse most admire about you? Honor his/her memory by making a list of these things and then make an effort to continue these things:

Shaping your new identity takes times and effort. You will achieve a new sense of self if you choose. It might be scary, filled with anxiety or fear of the unknown. (*financially, children, career, retirement, new partner*)

Make a list of things you would do if there were NO barriers and you weren't afraid (or tired!)

If I weren't afraid I would:

Remember you life is unfolding day by day

The world is waiting for the gifts that only you can share

The world is waiting for the gift that is you

Find your voice and spread your wings

Honor the life you grieve by living fully for the rest of your life