

Moving Through GRIEF

- G →Get into it
 - R →Release pent up Emotions
 - I →Invite calm and self comfort
 - E →Express yourself honestly
 - F →Free yourself from shame;
- Feel okay with where you're at—in each stage

“Denying your feelings; good, bad or indifferent, will prevent you from moving yourself beyond an initial point of loss, to an eventual path to growth.”

-Alison Smith