

LETTING GO OF GRIEF & LOSS

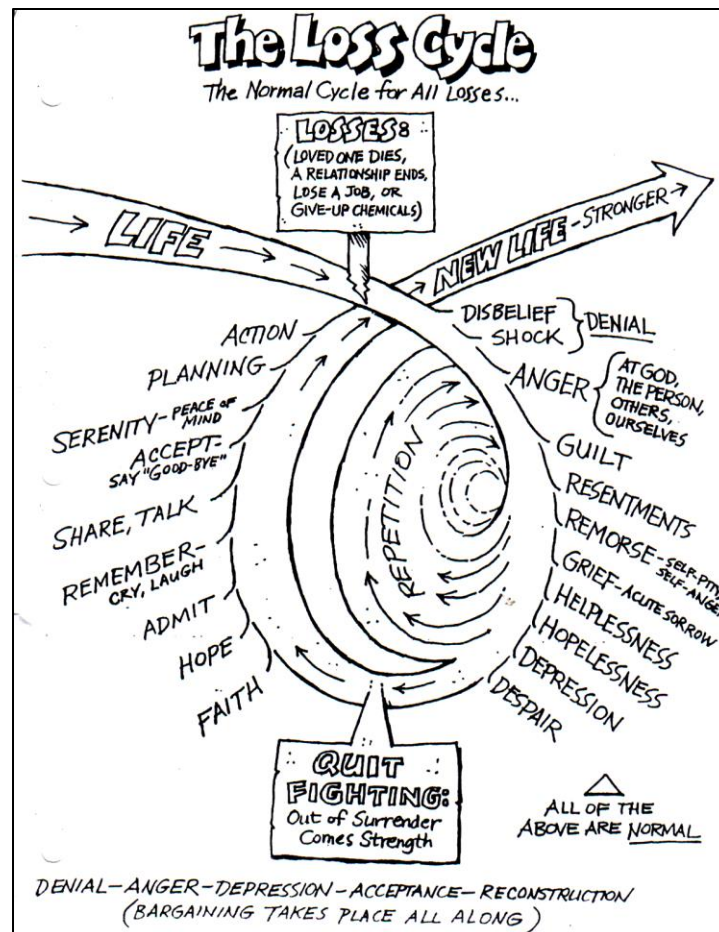
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To help you process and let go of the pain of loss and grief it can be helpful to write out all of your thoughts and feelings surrounding the following emotions:

- Helplessness
- Despair
- Loss
- Regret
- Feeling "if only I had..."
- Separation
- Depression
- Sadness
- Being a loser (not good enough)
- Mournful - as in "I can't go on"

You might also do some process writing on any of the additional emotions in the grief/loss cycle below. After writing out your thoughts and feelings you can simply shred them to symbolically let them go. The writing process helps you give voice to your genuine feelings which allows them to begin to dissolve.



See also *Letting Go* by David R. Hawkins