

WORDS IMPACT OUR GRIEF JOURNEYS

~ CHOOSE WHAT WORKS FOR YOU AND DELETE WHAT DOESN'T! ~



ACKNOWLEDGE	ACCEPT	TRANSFORMATION
MOVING FORWARD	CLOSURE	MINDFUL
EMPOWERMENT	GET-OVER-IT	GROWTH
RECONCILIATION	FORGET	SURVIVOR/ THRIVER
INTEGRATION	HEADJOB/HISTRIONIC	STRENGTHS
'LOVE MESSAGES'	MOVE-ON	SELF-LOVE/TALK
ONGOING CONNECTION	STOP-YOUR-CRYING	SUPPORT
SPIRITUAL	GO-IT-ALONE	PURPOSE
WISDOM	LET-GO	MEANING
HOLISTIC 'HEALING'	OVER-IN-A-YEAR	HOPEFUL
	WAS-MEANT-TO-BE	
	END-OF-RELATIONSHIP	
	I-AM-A-FAILURE	
	VICTIM	
	TIME-HEALS-ALL-THINGS	
	GET-A-GRIP	