

Thank You!

Unresolved Grief Self Reflection

How is unresolved grief presenting itself in your life? *(Ex. Negative self talk, anxiety, lashing out, avoidant behavior, fear of intimacy)*

Dig deeper find the root, belief, and light:

- The event or reason that caused it _____
- How it changed my outlook on life _____
- What will my life be like if I don't work through this grief? _____
- What could my life be like if I process the grief? _____

**Remember grief takes time and how we process it changes, evolves, and is different for everyone. Be kind and gentle with yourself!*



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