

WORDS IMPACT OUR GRIEF JOURNEYS

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



ACKNOWLEDGE

~~ACCEPT~~

~~RECOVERY~~

~~GET A GRIP~~

TRANSFORMATION

MOVING

MINDFUL

FORWARD

~~CLOSURE~~

~~TIME HEALS ALL THINGS~~

GROWTH

EMPOWERMENT

~~GET OVER IT~~

~~FORGET~~

~~VICTIM~~

SURVIVOR/

RECONCILIATION

THRIVER

INTEGRATION

~~'HEAD JOB' / HISTRIONIC~~

~~I AM A FAILURE~~

STRENGTHS

'LOVE MESSAGES'

~~END OF RELATIONSHIP~~

SELF-LOVE/TALK

ONGOING

~~MOVE ON~~

SUPPORT

CONNECTION

~~OVER IN A YEAR~~

PURPOSE

SPIRITUAL

~~STOP YOUR CRYING~~

~~LET GO~~

MEANING

WISDOM

~~GO IT ALONE~~

~~WAS MEANT TO BE~~

HOPEFUL

HOLISTIC 'HEALING'